

Cheryl
branded
greedy
and stupid

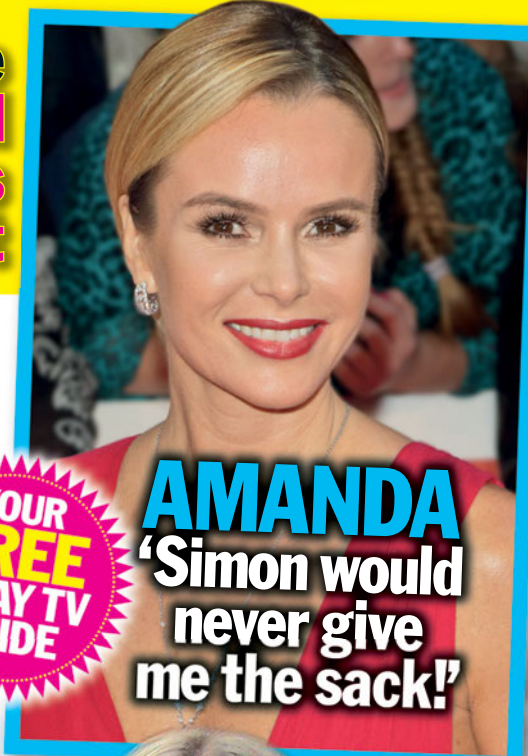


**X FACTOR
GIRLS
UNDER
FIRE!**



Caroline
blamed
for Olly's
love split

12 OCTOBER 2015 WWW.STAR-MAGAZINE.CO.UK ISSUE 606 £1.25



AMANDA
'Simon would
never give
me the sack!'

**YOUR
FREE
7-DAY TV
GUIDE**

100% CONCENTRATED CELEBRITY NEWS

ROI €2.05 Italy €3.99 NL €3.35 Export €2.30
Malta €2.99 Austria €3.60 Germany €3.30



GEORGIA
Insists 'Strictly
curse won't hit
me and Sean'



LAUREN
Supporting Jake
after his shock
drug arrest

**STANDING
BY THEIR
MEN!**



KHLOÉ
Forgives
James after
'cheat' riddle

This version of
this edition was
current at the
time of going to
press - other
versions of this
issue may be
distributed, the
content of which
may vary from
the contents of
this magazine

Gilet

£25

Dress

£16

Fringe Boots

£30*

Girls'

Gilet from

£10*



LOOK **Georgeous**
TOGETHER

Exclusively at **ASDA**

Selected stores. Subject to availability. *Girls Gilet and Fringe Boots available from 18th October 2015.

STAR AWARD

Slip-up of the week

Gemma Collins

She's recently lost around 3st on a juicing diet, but we loved Gemma Collins even more last week when we spied her with a bag of distinctly non-vegetable-shaped goodies in a Greggs bag!

It seems the 34 year old swapped healthy juices for calorific pasties during a sneaky snack stop at the bakery in Essex – unaware that we'd spot her!

The former *TOWIE* star has worked very hard to lose weight but, like us all, when the cake calls, a day off the diet doesn't hurt.

You're a girl after our own hearts, GC! ■



12 OCTOBER 2015
INSIDE STAR THIS WEEK

CELEBRITIES

- 4 JAMES JORDAN**
Says wife Ola won't win *Strictly*!
- 5 GEORGIA MAY FOOTE**
Insists she and her man are strong enough to avoid the *Strictly* curse
- 6 SKINNY CELEBS**
Fears for stars wasting away
- 7 LAUREN GOODGER**
Slams haters after beau's arrest
- 8 LUCY MECK**
On avoiding workouts with Louis and why they have FaceTime dates
- 10 SPENCER MATTHEWS**
Flexes his pecs at boot camp



- 15 POSH AND BECKS**
Put on a show of unity amid rumours of marriage strife
- 16 CHERYL**
X Factor is bad for her health
- 16 CAROLINE FLACK**
Blamed for Ollie's love split
- 19 X-TREME MAKEOVERS**
Talent show stars, then and now
- 22 AMANDA HOLDEN**
On *BGT* nights out, US ambitions and hiding her bum from Simon
- 24 KHLOÉ K**
Fury over boyfriend pic with stripper
- 27 KARREN BRADY**
On the new *Apprentice* wannabes



FASHION & BEAUTY

- 38 UNDER COVER**
The best of the new season's coats, from capes and quilts, to shearling and faux fur
- 41 RATED OR SLATED**
Our fashion experts give their verdict on celeb style
- 42 BEAUTY BUZZ**
Ariana's scent, Kylie's smoky eyes, plus hair masks on trial
- 43 TICKLED PINK**
Cancer Awareness treats that look good and do good

EVERY WEEK

- 12 **CHLOE SIMS**
- 17 **JAYMI HENSLEY**
- 28 **CHARLOTTE CROSBY**
- 48 **COMPETITION**
- 50 **REVIEWS**



Star Magazine is a founding member of IPSO, the Independent Press Standards Organisation, and we observe the Editor's Code of Practice it enforces. You can write to IPSO at Gate House, 1 Farringdon Street, London EC4M 7LG or email them at complaints@ipso.co.uk. If we have published anything which you believe to be factually inaccurate please go to www.express.co.uk/contactus where you will find an easy to use form. Alternatively, you can write to Readers Editor, Star Magazine, 10 Lower Thames Street, London EC3R 6EN. We will do our best to correct it as soon as possible. If you have a complaint concerning a breach of the Code please go to www.express.co.uk/contactus where you will find our complaints policy and procedure. Alternatively, once you have established that your complaint falls within the complaints procedure, you can put your complaint in writing to Complaints, Star Magazine, 10 Lower Thames Street, London EC3R 6EN.



@star_magazine



www.facebook.com/starmagazineuk



www.star-magazine.co.uk

www.star-magazine.co.uk **star** 3

STAR AWARD: KATIE KEEGAN. COVER PHOTOS: CAMERA PRESS; GETTY; GOFFPHOTOS.COM; LANDMARK; PA PHOTOS; SPLASH; WIREIMAGE; XPOSUREPHOTOS.COM. CONTENTS: FAMEFLYNET.UK.COM; GETTY IMAGES

His acid tongue often gets him into trouble, but James Jordan may have gone too far after he revealed that he didn't think his wife Ola stands a chance of winning this year's *Strictly Come Dancing*.

After the first live show, the 37-year-old didn't hold back about his wife's performance. "I predict Ola will be bottom of the leader board," he blasted.

James continued by revealing what the 32-year-old has said behind closed doors about her dancing partner, Iwan Thomas.

"Ola's dancing the tango, which is a relatively easy dance, but I know he's been struggling with it a lot," he said.

"I'm not saying he's rubbish, I'm saying he's never danced before. He doesn't pick things up. Ola said he looks a bit awkward and she told me that he's not the most natural of dancers. So I don't hold high hopes – but I think he's going to be great fun."

Ola is sure to feel betrayed by her husband's comments after she and Iwan, 41, failed to impress the judges. The duo scored 17 points, escaping the bottom of the board by just one point during their first live show.

However, former *Strictly* star James defended his bluntness, claiming that his wife admires his no-holds-barred attitude.

"She's my wife, she likes my honesty," he insisted. "She wouldn't



Ola's partner Iwan has struggled

want me to say it's good if it isn't. If she's not good, I'll tell you she's not good."

Outspoken James also made a dig at judges Len Goodman, 71, and Bruno Tonioli, 59, ranting, "I did feel that the judging, once again, was very inconsistent. How can you mark Daniel O'Donnell seven, then Anita Rani came out and you gave her a seven as well. It's pathetic."

He also says he's unimpressed with the "childish" backstage video clips that are shown ahead of each dance.

"I'm not the cleverest person in the world, but it's an insult to my intelligence to watch the VTs that they make," he said.

"It's just a bit cheesy. We are the Great British public. We don't like all the cheesiness."

Maybe honesty isn't always the best policy if you don't want to wind up sleeping on the sofa, James?! ■

Daisy Jordan



James took a jab at Bruno...



...and ranted about Len!



EMILY
'I TRUST PETE COMPLETELY'

'Ola won't win Strictly!'

The dancer is humiliated by her husband James's comments

'Dance curse won't break our bond'

Georgia quashes rumours of rows with boyfriend Sean as she says he's The One

Georgia May Foote was rumoured to have upset boyfriend Sean Ward over her flirty routine with Italian dancer Giovanni Pernice during the first live *Strictly Come Dancing*.

The *Corrie* star was spotted in the audience looking particularly unimpressed as his girlfriend shared a kiss with the 25-year-old dancer just moments after he lifted up her skirt during their jive.

However, when 27-year-old Sean was quizzed about rumours, he was quick to play them down. "Oh, ignore that, it's rubbish," he said. "Like I hadn't seen their jive before they did it? If I'm worried about the jive, what about the pasodoble?!"

"That 'curse of *Strictly*' rubbish happens with sports personalities... As actors we're used to it [getting close to other people]."

Georgia, 24, told *Star* he need not be concerned. Speaking at the Pride of Britain Awards, she gushed, "He is amazing! He bought me a Tiffany necklace for doing *Strictly*. I love it." Asked if Sean is The One, she declared, "Definitely, 100 per cent."

Georgia and Giovanni have been getting on so well together

that judge Bruno Tonioli claimed, "You two were made for each other, the chemistry is tangible."

The professional dancer has made no secret of his flirty nature since joining the show this year, admitting, "My weakness is the ladies."

However, he insists Sean has nothing to worry about. "I prefer blonde girls with blue eyes," he said. "Georgia is a great dancer, but she has a boyfriend and he's a really nice guy. He trusts me."

"I've heard about the *Strictly* curse and I've been warned about

it. I think it happens when people spend a lot of time together, but *Strictly* is a big show so I want to come back!"

Prior to Georgia's performance, Sean took to Instagram to share pictures of his girlfriend, including one of her gazing into the sunset with the caption, "Chase that dream baby. I'm with you all the way."

He sounds like he's definitely a keeper, Georgia! ■



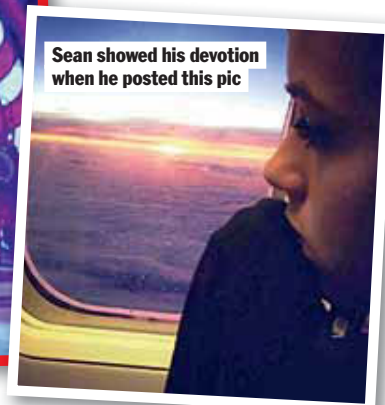
Kissing on the dance floor



Georgia and Sean have faith in their relationship



Georgia and Giovanni's flirtatious routine



Sean showed his devotion when he posted this pic

They looked more loved-up than ever posing on the red carpet last week – and Peter Andre's new wife Emily says nothing can rock their relationship.

Speaking about the *Strictly* curse, the 26-year-old doctor admits, "If you're someone who's going to have an affair, it would be part of your personality and you would do it regardless."

However, the mum-of-one, who has daughter Amelia with the singer, adds, "Pete isn't like that. He's very loyal. I trust him completely. Maybe I'll be proved wrong, but that's how I feel."

Pete, 42, is favourite to win the show with pro dancer Janette Manrara, 32. ■

TARA REID

The US actress has caused endless worry about her emaciated figure, despite insisting, "I'm just a skinny girl and I do eat." But with her jutting hip bones, the 39-year-old appeared smaller than ever at the Cycle for Heroes project in California last month.



ALEXA CHUNG

Alexa is naturally slender, but she seemed smaller than usual in this snap that shows her extremely thin legs. The 31-year-old has been dubbed "thinspiration" but has hit back, saying she loses weight when "stressed".



MYLEENE KLASS

The mum-of-two once said she was "most unhappy" as a size 8 because it was hard to maintain. However, the 37-year-old TV host looked her tiniest at the Pride of Britain Awards last week.



AMAL CLOONEY

George Clooney's wife is beautiful, but her slender frame has shrunk since she hit the spotlight as the movie star's other half. The 37-year-old lawyer appears to be a size 6-8 – but at 5ft 8in, this would give Amal an alarmingly low BMI.



AMANDA SEYFRIED

Despite trying to maintain a healthy regime, the 29-year-old actress admits she falls "victim" to body pressure in Hollywood and looked noticeably thinner at a gala in Beverly Hills last week. Maybe Amanda, who split from Justin Long after two years together, is on the heartbreak diet...



WORDS: KATIE KEEGAN. PHOTOS: CAPITAL, GETTY, LFL, REX, SPLASH

SHRINKING STARLETS

Celebs spark concerns for their health as they step out looking slimmer than ever

LAUREN

'Stop hating on me!'

Reality star's week from hell after her boyfriend's arrest and her fight back against internet trolls

Lauren Goodger has finally snapped and hit out at hateful online trolls who criticise her for the number of pouting selfies she posts.

The ex-TOWIE star saw red and posted a 100-word rant addressed to "haters" on her Instagram account. The tirade focused on those who consistently slam her for using filters and other tricks to manipulate her photos – as well as girls who say they dislike her "duckface" pouts.

Posting a picture with the words "Sorry, I don't speak c**tanese" on her account, Lauren exploded, writing, "I find it so strange that some of you need to hate on pictures of me or anyone else of course I no that I've over filtered my last post I have on purpose for the look I wanted – it's not like there isn't that option on insta for you to do?!"

"I don't normally do this but guys you really need to get some self confidence and don't feel the need to be so hateful to me... it doesn't make you any better of a person just makes you show your ugly side!"

Selfie queen Lauren, 29, then added, "You know I don't listen or take in anything negative from anyone that's not my personality

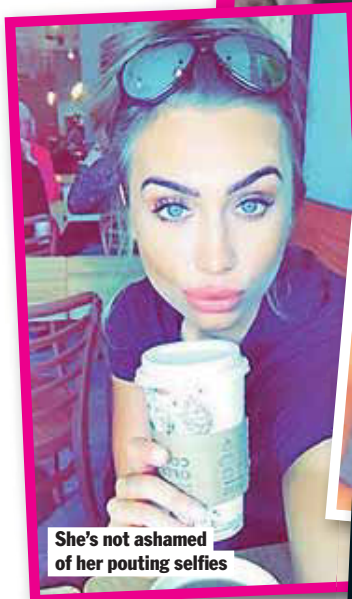
so I will keep pouting (that's why I keep pouting lol)."

It's been a tough week for the former reality star after it was revealed that her boyfriend Jake McLean, 26, had been arrested as part of a multi-million pound money laundering and drug-dealing investigation.

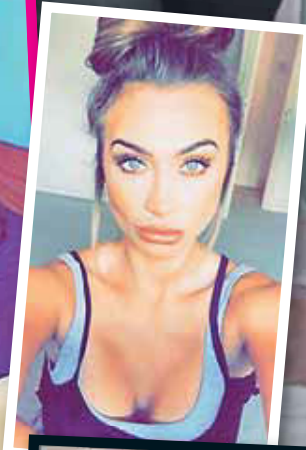
Property manager Jake, who has been seeing Lauren on and off for three years, was quizzed over the £4.5 million crime and arrested following a raid on his flat in Chigwell, Essex. A spokesman for Essex Police said, "A 26-year old man from London was arrested in Chigwell on July 1 on suspicion

of money laundering and possession of drugs with intent to supply. He was questioned and released on bail until November 12 pending further inquiries."

However, Lauren is standing by her man and didn't let on that she was stressed by the news when she and Jake celebrated her 29th birthday in Paris recently.



She's not ashamed of her pouting selfies



Police arrested Jake in a raid on his flat



The pair appeared relaxed as they walked hand in hand and enjoyed a meal out at a Parisian café, where Lauren threw her arms around her boyfriend.

She later wrote on Instagram that Jake had splashed out on designer clothing gifts for her, including a Givenchy bag.

She said to her 535,000 followers, "I got to open my Birthday Presents at midnight.. thank you Jake love it all #HappyBirthdayToMe #BirthdayGirl #19thSept #100Roses."

You're a lucky girl, Lauren. ■

Emily Hall

PHOTOS: FAME FLYNET; INSTAGRAM/LAURENGOODGER. INTERNET POSTS ARE PRINTED AS THEY APPEAR ONLINE

'Louis and I never see each other!'

Lucy Mecklenburgh spills the goss on her unconventional relationship with her boyfriend

Most young couples are desperate to spend every single minute of the day together, but Lucy Mecklenburgh admits she often goes weeks without seeing her boyfriend, Olympic gymnast Louis Smith.

When we catch up, the 24-year-old insists that, despite dating for more than a year, she actually likes the long periods she spends apart from Louis, 26, due to their work schedules.

She also reveals why FaceTime has helped save their romance, explains their current housing predicament and tells us why she's in no rush to become a mum like her pal Sam Faiers...

Hi Lucy! How are things going with Louis?

We're good, thanks. We mainly see each other at weekends, but not every weekend as we're so busy. He trains for five hours a day for his competitions and lives about two hours from me, so it's hard to find time for each other. Sometimes we don't see one another for up to three weeks at a time.

That must be hard...

It is, but it makes you really independent rather than always having to check what the other

person is doing, which often happens in relationships. I love it – it makes it more special when we do see each other.

How do you keep things going when you're apart so much?

We don't really text throughout the day as we're both so busy, but in the evening we will FaceTime over dinner – a nice romantic FaceTime date. It's like a virtual relationship!

Is Louis romantic?

He's really romantic, he just doesn't realise it. For my birthday he made me an album of all our pictures since we've been together. It's the only time I've ever cried at a present. It beats plonking a bow on a pair of shoes that you've ordered online!

What's the next step in the relationship for you both?

I don't know. I'm building a house in Essex at the moment, while Louis has built his own house in Peterborough. He might be going to Rio next year for the Olympics and will have to live there for a while too, so we'll see.

If you move in together, will it be in Essex or Peterborough?

I wouldn't move to Peterborough. To be honest, we haven't really had that conversation yet. At the

moment we're quite happy with the way things are. We both like our own space and it works for us.

You spent some time in Los Angeles recently – would you ever consider living over there?

I love LA for holidays, but I wouldn't want to live there. It's quite fake and I'd miss my friends and family.

Your friend Sam Faiers is pregnant – have you congratulated her?

I haven't yet because I haven't seen her, but I definitely will. I can't believe she's five months gone – her bump is tiny!

Does it make you broody?

No, not yet! It's not my priority right now. A baby will happen when it happens, I'm not planning that far ahead. It works for Sam because she's always been so maternal, the same as her sister Billie. Their

houses are immaculate and I can imagine their perfect nurseries, while my flat has clothes all over the place!

Would you be interested in doing Strictly Come Dancing like Louis did?

I love Strictly! I like shows where you see someone's skills and talent grow. When

I filmed *Tumble*, the *Strictly* studio was right next door and I was obsessed with sneaking in and looking at their costumes!

Do you think Gemma Collins was right to quit TOWIE?

I feel like everything has been done with her character and it's good for her to move on. Filming the show can get really stressful, especially as it focuses so much on your relationships.

Do you still watch TOWIE?

I do, but I don't think it's as good as it used to be. When we started, it felt a bit more real because we genuinely didn't know what was going to happen. I think they should have a big blowout and





'I HATE WORKING OUT WITH LOUIS!'

Do you and Louis ever work out as a couple?

I did once, but never again! I was at his house while he was working out at the gym and I put my DVD on so I could work out too. His TV is enormous, though, so when he came in and saw me doing the DVD in front of a huge image of myself, it was so embarrassing! I decided to try to laugh it off by asking if we could do one of his abdominal workouts, but it was horrific.

Why was his workout so hard?

Gymnasts are fit! It was awful, but I didn't want him to think I couldn't do it, so I gritted my teeth through the pain.

Did he notice?

Oh yeah, he was like, "Wow, I didn't think you'd finish that," while I lay on the floor panting!

Does it get quite competitive between you two?

We're not too competitive because we have a mutual respect about how important fitness is to each of us. He's not drinking at the moment because he has a competition this month, so I'm careful not to tempt him and say, "Let's get a bottle of wine!" His job is too important to him to mess it up and I understand that. It's nice that we're on the same page.

Do you feel under pressure to stay in shape because of your business Results With Lucy?

It's definitely an added pressure, but I love working out. I can't imagine not doing it. So many girls look up to me and follow me on Instagram, so I want to carry on inspiring them. While I do feel pressure, it's very rewarding. ■



Lucy says Sam will be a good mum

end it on a high. I'd definitely consider doing a reunion with all the original cast members.

How has your style evolved since you found fame?

I think less is more. I wouldn't wear short, tight dresses any more and getting your boobs and legs out is a no-no. I prefer looser fitting dresses teamed with amazing heels. I'm much more relaxed, although it usually takes more effort to look like you've made no effort!

What makes your new Pretty Little Thing collection unique?

I designed every piece of this collection. I picked the fabrics, the trims, colours, styles, everything.

I wanted there to be something for everyone and to do something really glam, because it's getting close to party season.

Is it important for you to have a collection that you would actually wear?

I think girls now know when a celebrity has just put their face to something rather than properly designing it. If they like your style, it's important that they believe that you would wear everything in the collection, which I would. ■

Robyn Morris

Lucy's autumn/winter collection is available at prettylittlething.com



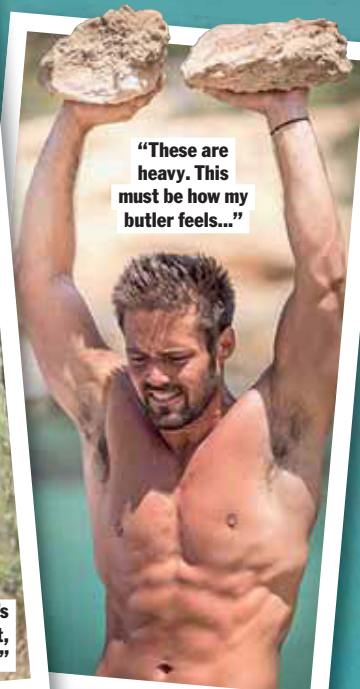
Staying fit is a priority for Lucy

Spenny buffs up!

Watch out, ladies! We catch up with love rat **Spencer Matthews** at No1 Boot Camp as he gets in shape for his MIC return...



"Gah! Somebody's angry boyfriend! Right, up into this tree..."



"These are heavy. This must be how my butler feels..."



"I'm already quite good at this one!"



"Dear universe, thank you for making me rich and gorgeous and charming and modest!"



"OMG, is that someone wearing high-street fashion?"



"Watch out, Spencer, Lauren's on the rampage. Pretend you're a tree!"



"I live for... posing!"

VERY.CO.UK | GET MORE OUT OF EVERY DAY

All you need to get ready

With free next day delivery
and free returns.





Chloe

FUN, FEISTY AND FRANK... THE ESSEX GAL SPILLS ON HER LIFE

Hiya!

I've been feeling under the weather for weeks now, so I've started doing Jason Vale's juicing plan to get some vitamins inside me and I'm reading his latest book the 5:2 Juice Diet.

I was finally well enough to leave the house at the weekend and went on a girls' night out with my friend Ellie in Mayfair.

Now it's back to filming the new series of *TOWIE*. It's going to be full-on drama!

Chloe



A happy ending

Big congratulations are in order for Cara Kilbey on her pregnancy. I'm so happy for her. After her tragic miscarriage, it must have been really hard for her to see best mate Billi Mucklow have her baby. I hope her pregnancy is healthy and smooth sailing this time.

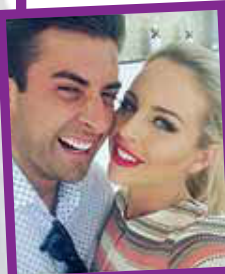
#Goals

Posh and Becks apparently earn more than the Queen. If I had to choose between whose life I could live, it would definitely be the Beckhams. Royal life would be a bit too *Downton Abbey* for me and, let's face it, Vic definitely has a better wardrobe than Liz!

Going to the chapel...

Lauren has predicted that Georgia and Tommy will be the next *TOWIE* couple to get married, but I think it will be Lydia and Arg. They've

been together for a really long time, they live together and they seem so happy, so my money's on them. Tommy and Georgia seem really strong, but they haven't been together for that long.



Keyboard warriors

Lauren Goodger hit back at her trolls last week and I can empathise. I got so much hate for wearing a LBD on a night out in London! One woman even said, "Can you start dressing your age?" Since when is 33 too old to wear a black dress?! I replied, "Judge me when you have a *Vogue* cover!"

Good riddance!

Zayn Malik posted a pic on Instagram of himself with a new girlfriend. The way he's acting is so embarrassing. Does Perrie Edwards care? She's behaving really classy since the split, but it seems Zayn is just attention seeking.



Boys will be boys

TOWIE newbie Michael has had a tough time since joining the show. Apparently all the boys are sticking up for Jake and giving Michael the cold shoulder after he flirted with Chloe Lewis. And then Jake ended up flying home early. Pete and Jess have been flirting again too. He likes her, but I think she just sees it as a bit of fun.



'Michelle gives me dating advice'

Jess Wright on why she gets her sister-in-law's view on her dates

Jess Wright is having the time of her life right now. The *TOWIE* star is young, free and single – and is making the most of it!

After splitting from Ricky Rayment, 22, last year and a brief fling with *Love Island* winner Max Morley, 22, Jess is embracing single life. We caught up with her fresh from sunning herself in Spain for the new series of *The Only Way Is Marbs*. Jess, 30, seems relaxed and open as she chats to us about Marbs, Marchelle and marriage...

Hi Jess! How was it in Marbs?

It's been brilliant, we've had so much fun. It's been a mad one.

Has there been much drama?

The first episode is really explosive. There are lots of new people on the show and they've ruffled a few feathers. I've tried to stay out of the drama.

Are you and Lauren Pope on good terms now?

Yeah, we're fine. We get on now and I prefer it like that.

Are you missing Gemma Collins this series?

We're missing her so much – she's like the queen of Marbella! We've been sending her voice notes and messaging her all the time, though.

Did you hit the gym before you went?

Not really, I've been away a lot. I went to Vegas, Majorca and Ibiza before Marbs, so I haven't really had a chance to go to the gym. I admit it has been playing on my mind!



With sister-in-law Michelle

star
EXCLUSIVE!

You've been Snapchatting with Peter Wicks, what's going on there?

Me and Pete got on really well in Marbs. It's been fun.

Are you single?

Yes, I am!

Are you looking for love?

Eventually. I'm not in a mad rush, but if something comes along...

What do you think of your brother Mark's topless advert for yogurt?

When is Mark not topless? He's always got his top off! I've not seen the advert yet, but I know he's been working really hard in the gym recently.

What do you and your sister-in-law Michelle do when you hang out?

We go out for dinner or have our make-up done together. They only live five minutes away, which is perfect.

Does she try to set you up on dates?

Not really, but we always discuss it. We share opinions and I show her pictures.

Has she introduced you to any Northern lads?

No, not yet!

Tell us about your new collection with Lipstick Boutique...

I'm really excited! I love winter fashion because I love layering and we've got some great knits and jumpers. And there are some glam dresses for Christmas too. ■

Gemma McCartney

Jess's A/W collection is available at lipstickboutique.co.uk

JESS'S THREE THINGS TO DO IN HER 30s...

1 I'd love to do more TV work. When I was in my 20s I didn't really know where I was going. I've finally become secure and know who I am.

2 In the next ten years I'd love to get married and have children.

3 I want to carry on my career designing shoes and clothing. I'd love to open up a shop in America too!



new



Unilever



ALL THE FRESHNESS
YOU COULD WISH FOR

request your free sample at www.comfortintense.com

'Nothing will break us'

Posh and Becks put on a united front amid fresh rumours their marriage is on the rocks...



David and Victoria Beckham's 16-year marriage was put in the spotlight yet again amid claims they're being torn apart by "explosive foul mouthed rows".

Becks, 40, fuelled rumours that they're living increasingly separate lives as he continued to jet around the globe alone, dining out with famous friends Liv Tyler and her partner Dave Gardner, Noel Gallagher and his wife Sara MacDonald without Victoria in tow.

However, after heading to Dubai with close pal Dave, Becks took to Instagram to insist he misses spending time with his family, writing, "#beenawaytoolong... Long trip London, Nyc, Miami, Nyc, London, Dubai, London... Can't wait to get home to see my beautiful wife and unbelievable children."

Victoria, 41, also showed her support for David after he spoke on behalf of UNICEF, by posting online, "Proud of my husband's heartfelt speech today."

As David finds he has more spare time since quitting football, Posh has been flat

out working on her successful clothing line and attending fashion week shows across the globe.

One source claims, "Behind the scenes there appears to be a lot of tension.

Victoria is tired and stressed from working so hard, whereas David has a more relaxed lifestyle now he's retired. They are barely in the same country together lately. They have had monumental four-letter-word rows as the pressure between them builds and they explode at one another."

Insiders say the tension between the pair – who are said to be worth a combined £508 million – was obvious at a party at Posh's clothing store in London last week. It was the first time they had been out together for weeks, but apparently they were overheard arguing.

However, another source close to the fashionista insists, "The family were together for seven weeks on holiday recently. It's all rubbish."

It's also claimed that their children – Brooklyn, 16, Romeo, 13, Cruz, ten, and four-year-old Harper – are helping get them through the rough patch.

"What keeps their bond strong is their devotion to their children," another source adds. "They are both brilliant parents. They don't want to break up. They will work very hard to ensure their marriage and Brand Beckham stays afloat."

The couple's camp declined to make a comment. ■

Katie Keegan



The kids keep them close



David doesn't want to break free!



Posh clings to Becks after a party at her shop

STRESSED 'X Factor making

She's living off her nerves as pressure mounts on the show

She's been under fire for her super slim figure recently and now Cheryl Fernandez-Versini has admitted that the strain of being a judge on *The X Factor* has become so intense this year that it's been making her unwell.

The 32-year-old opened up about the pressure she's been feeling because she cares so much about the contestants.

"I'm like a sponge and I'm too sensitive. It was making us ill with stress and worry," she revealed.

She also admitted that the comments about her lacklustre performance on the panel upset her, explaining, "People

think, 'Oh, she's [just] sitting there in a pretty dress.' But I get so wrapped up in the arguments that the contestants are having. It affects me."

The singer has been open on Twitter about how draining filming has been so far this series, tweeting after filming the Six Chair Challenge, "I am so nauseatingly tired!! and drained for the 6 chair challenge yesterday and it wasn't even mine. #help."

Cheryl, who is mentoring the Groups category this year, is also struggling with the long hours that are keeping her away from husband Jean-Bernard, 34.

With filming running into the early hours with co-judges Simon Cowell, 55, Nick Grimshaw, 31, and Rita Ora, 24, she revealed that her home life suffers.

HOUSE HELPERS UNVEILED!

We can reveal who the panel have helping them at Judges' Houses this year! One Direction's **Louis Tomlinson** joins Simon Cowell and the Overs; **All About That Bass** singer **Meghan Trainor** will assist Rita Ora and the Girls; singer/songwriter **Jess Glynne** teams up with Cheryl Fernandez-Versini and the Groups; while **Uptown Funk** star **Mark Ronson** is helping Nick Grimshaw and the Boys.

Caroline gets Flack for

Angry *X Factor* fans have blamed Caroline Flack for the end of her co-host Olly Murs' long-term relationship.

Olly and Francesca Thomas, 26, broke up a fortnight ago after three years together. Although neither has given any reason for the split, sources close to Olly said his hectic schedule was a major factor – but fans are not convinced.

"No woman likes to see another woman draped across her fella, but that's all Caroline Flack seems to be about," one

posted. Another said, "I imagine Olly saying recently that Caroline Flack was the perfect girlfriend didn't help matters."

Yet another fan wrote, "Not surprised with Flack mauling all over him and trying to get her tongue down his throat."

Another tweeted, "Olly Murs has split from his girlfriend? I am willing to bet him and Flack are officially a 'thing' by the final xfactor."

Olly, 31, and Caroline, 35, have always insisted they are just good friends, but their flirtatious behaviour on and off



It's all over for Olly and Francesca

CHERYL

or is me ill!

Chezza's under pressure



"I know my environment isn't easy – my day gets planned out in advance all the time," she said. "I'm like, 'Oh, actually change that. We can't meet tonight.' I think I'm low maintenance, but maybe I'm deluded."

On top of her work stresses, she is obviously still affected by the ongoing comments about her weight, hitting back, "It's crazy double standards. You'd never be allowed to say to somebody, 'Oh you look a bit fat.' Being overweight is unhealthy – it's actually a bad message to tell someone who is obese that they look 'curvy' or 'great'. But after this length of time, there's nothing I can hear about myself that I haven't already heard."

Meanwhile, Cheryl's boss Simon has defused talk that he is considering axing newcomer Nick, after

viewers criticised his judging skills. He said last week, "For the record, I love Nick and I love this panel. Is he being sidelined for Louis [Walsh]? No chance, forget it. He is 100 per cent safe." ■

Katie Keegan



Cheryl is missing hubby Jean-Bernard

Olly love split

camera has raised eyebrows.

During one joint interview, she told Olly, "I did fancy you when you first started," while she recently admitted, "My mum says, 'Can't you marry Olly? Go on, it'd be perfect.'"

Olly also revealed that they considered a fling in the past. "We started to work with each other and we were both single, so it was kind of like we were flirting. But

then we realised this should never happen. If we want to work together we can't be doing this."

But fans of the show think that now they're both single the inevitable will happen.

"They'll have a fling and when she dumps him he will be left wondering where his lovely loyal girlfriend went," one posted.

Olly's rep told *Star*, "Caroline has nothing to do with the break-up whatsoever." ■



Caroline and Olly

Jaym!

HIS VERDICT ON X FACTOR!

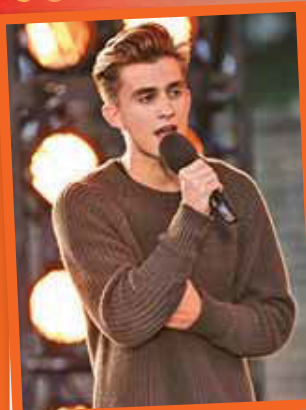
#SaveGrimmy

It would be a huge mistake if Simon axed Nick Grimshaw. I'd love Louis Walsh to come back, he would tear it up, but I think Simon should just add him as a fifth judge. He may have sacked people in the past, but he wouldn't do it again.



Boot Camp battles

The Girls were the standout acts for me at Boot Camp, especially Louisa Johnson, who smashed it! In the Groups, The First Kings are my new faves and I'm glad they gave Holly Johnson a second chance in the Overs.



Brodie's rant

I read a story that my cousin Brodie Kelly called *The X Factor* "shit" on Twitter when he was 15. We all make mistakes and it probably just got him down when joke acts that weren't as talented as he is got through to the live shows. Luckily the response to his singing has been really good, so keep it up, cuz!



Don't fight the power

There are rumours that 4th Power aren't popular with the other contestants and they've been accused of getting special treatment. I think they deserve it – they really stand out from the crowd with their flawless routines and harmonies.

'I wish Simon was my mentor!'

X Factor comeback queen Monica Michael says she's ready to fight for a place at Judges' Houses

Getting sent home by Cheryl Fernandez-Versini at last year's Six Chair Challenge didn't deter Monica Michael from her dream of X Factor stardom. In fact, it made the feisty Londoner even more determined to triumph in the 2015 competition.

When we sit down to chat with the disarmingly friendly 25-year-old youth worker, she tells us about pre-show nerves, how she's ready to take the spotlight and why she's determined to show that Cheryl made a mistake...

Hi Monica! How is this year different for you?

I'm not the same person I was last year, I've grown a lot. I feel like I have a point to prove!

What have you been up to since we saw you on the show last year?

I toured with Blue, which kicked off in March. It sparked a new flame for me. I got a taste of what it would be like to tour and sing every day. It left me wanting more.

Cheryl said not putting you through was her biggest regret last year...

I got choked up at that. I didn't expect her to say,



She's excited about working with Rita

"Sorry, I made a mistake."

It meant everything to me.

How do your family feel about you being on TV?

Obviously they were gutted when I got sent home last year, as they were so involved emotionally. Now they're very excited that I'm back.

Were you nervous to face the Six Chair Challenge again?

I'm scared when it comes to every section of the competition. I don't ever get complacent. It's all becoming very real now – my life could potentially change.

Are you worried that the show's stylists might change your look?

I'm pretty open... I trust them not to put me in a pink frilly dress! I'm looking forward to everything – the hair, the make-up, the songs. These are exciting times.

If you won, how would you spend the money?

The first thing I would do is buy my granddad a hearing aid because they're really expensive. I believe you're on this earth for a purpose and music is my avenue to help people less fortunate.

Rita Ora is mentoring the Girls category. Would you have chosen her?

I wanted Simon Cowell because, growing up watching the show, I was in awe of him. But Rita is a girls' girl who really has your best interests at heart. She's the sort of person I would get on with. She's quite quirky, funny and I'm really excited to work with her. ■

Alice Fiancet



Cheryl regretted letting Monica go last year



star
EXCLUSIVE!

'DAD NEVER HEARD ME SING'

X Factor hopeful Lauren Murray, 25, opens up about how she's finding the competition, being given second chances and her emotional journey along the way...

Hi Lauren! How do you feel about impending fame?

All I want to focus on is singing. I only got Twitter a week ago! I'm an old granny at heart.

You've forgotten your words a couple of times...

It's so scary, my mind goes blank and I think, "That's it, I've messed up now!" But maybe it's a blessing in disguise because after that I've smashed it.

Do you find performing emotional?

I've been through some difficult things. My dad passed away when I was 11 and he never knew I could sing. Now I'm trying to make the negatives a positive.

Do you think you could win?

Of course! If you say you don't, then why are you doing it? I've been gigging for a long time and I feel ready.

Are you dating anyone?

I haven't got time for boys – they're idiots!

Does performing in front of Simon scare you?

He's always the most critical judge, but he's been really nice to me so I'm happy! ■



X FACTOR FLASHBACKS!

We turn back time to see these singing stars before fame transformed them...



CHERYL FERNANDEZ-VERSINI

Who knew that when *The X Factor* star auditioned for *Popstars The Rivals* in 2002 that she'd now be a judge (and that her choker would be back in fashion!)?

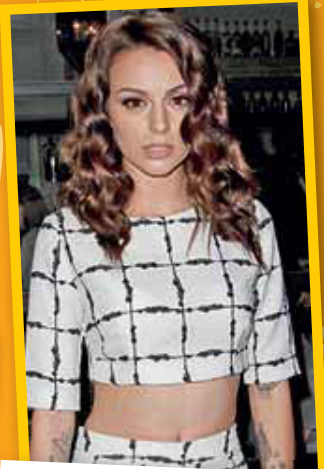
ALEXANDRA BURKE

With a cute bob and minimal make-up, in 2008 the star still had a way to go until her glam makeover was complete...



PERRIE EDWARDS

The star rocked geek chic when she sang with Little Mix on 2011's *X Factor*. These days she goes for a much more sophisticated look...



CHERYL LLOYD

Back in 2010, the Cheryl lookalike had more rips than denim in her jeans when she wowed the judges with her unique style.



RAY QUINN

The singer's baby face, killer smile and questionable waistcoat won the judges over at his 2006 audition.



ONE DIRECTION

Back in the day the lads looked so sweet with their Bieber-style haircuts and innocent smiles. How things have changed since 2010...



OMG!

Heard the latest

We bring you the hottest news in Celebville right now

Helen braces herself!

If Helen Flanagan's latest exploits don't leave a bad taste in your mouth, nothing will.

The former soap star, 25, was spotted frantically rummaging around in a restaurant bin after admitting she'd lost her brace during a romantic meal!

She tweeted, "Just lost my @Invisalign brace in a restaurant. I popped it in a napkin and forgot to pick it up. I had to go trailing through the restaurant bin to try and retrieve it through everyone's left over roast dinners. I didn't find it."

We think that might be just as well, Helen!



CBBBOTS row rumbles on

The *Celebrity Big Brother's Bit On The Side* fight night fallout continues, with *Teen Mom's* Farrah Abraham, 24, saying she will press charges against Aisleyne Horgan-Wallace, 36.

The show was halted as glasses were thrown when an explosive row broke out between the pair. Farrah and Janice Dickinson, 60, have been cautioned by police over the fracas.

Posting on Twitter, Farrah said, "I have pressed charges against Aisleyne and am considering issuing a lawsuit against Janice."

Play nice next time, girls.



Paul 'I'm nice as pie!'

The *Great British Bake Off* judge Paul Hollywood reckons he's as soft as a perfectly baked Victoria sponge – but producers chop out any hint of him being nice to make him come across on TV as Mr Nasty.

The 49-year-old master baker, who has admitted he suffers from obsessive compulsive disorder, said, "All you see is the last bit and everybody goes, 'Oh, you're so critical!'" It's a rocky road on TV, Paul!



Little Mix-up

Jesy Nelson certainly knows how to put her foot in it with the mother-in-law-to-be. The 24-year-old claimed fiancé Jake Roche's TV star mum Coleen Nolan loves to walk around the house in her birthday suit!

To make things worse for the Little Mix singer, Coleen, 50, was forced to deny the saucy claims, saying, "I won't walk round the bedroom in the buff and certainly not in front of my son's fiancée!" Awks!



Harry's homely new direction

The boys of One Direction have revealed what they'll do when they split – and Harry Styles wants to have a go at selling houses! "I'll go from singer to estate agent," the 21-year-old joked. To prove he has the lingo, he added, "It's romantic' means it's tiny, while 'it's cute' means it has a window!"

Niall Horan plans to be a DJ and promised he'll "be raving it up", while Liam Payne isn't sure, as his careers adviser told him music would be a bad move. "He told me, 'Put singing last as you're more likely to be a fireman,'" the star explained.

No word on what Louis Tomlinson plans to do – but he'll have his hands full changing nappies!

Kym's real-life drama

Kym Marsh's real life is starting to seem more like a soap opera than her work on the cobbles. The *Corrie* star was shopping for kids clothes in Next with boyfriend Matt Baker when the pair bumped into his pregnant ex, Danni Ballard – who claims they refused to speak to her.

Matt quickly took to Twitter to deny being the baby daddy, adding, "I can categorically state that the breakdown of the relationship of myself and Danielle Ballard had nothing to do with Kym Marsh."



HOT!



QUEEN MARY

Forty per cent of primary school kids think Mary Berry is a royal. Yes, she's the queen of cakes!



GLEB SAVCHENKO

We're slightly obsessed with the new *Strictly* hottie. *Wishes for Gleb calendar for Christmas*



RETRO TOYS

Life proving tough? Use a Magic 8 Ball to make your decisions... then it can take all the blame instead!

STAR-O-METER

TIMELY GROOMING

Women spend three months of their lives getting manicures. How many unwatched box sets is that?!



OVER SHARING

Katy Perry loves her fans so much she let one (particularly crazed) devotee lick her face. Eww!



COMMITMENT

One in four Brits say they'd end their relationship for a free luxury round-the-world trip. Romantic!



NOT!

STOP PRESS! STOP PRESS! STOP PRESS! STOP PRESS! STOP PRESS! STOP PRESS!



● Posh totty Benedict Cumberbatch could put in an appearance in Albert Square – if he has time. His pal, *EastEnders* executive producer Dominic Treadwell-Collins, said, "He says he'll come and do it but he is slightly busy."

● Poor Paloma Faith has been slated for her Rugby World Cup song, *World In Union*. Fans have accused *The Voice UK* coach of "murdering" it and have petitioned ITV to drop her version

of the song from its rugby coverage! ● Insiders say *Homeland* actor Damian Lewis is the "number one choice" to replace Daniel Craig as James Bond. We think he'd be hot!



● Pixie Lott could be about to swap Brentwood for Hollywood. The Essex singer has signed with a US film agent in the hope of breaking into movies Stateside.



'Simon wouldn't ever sack me!'

Amanda Holden dishes the dirt on her boozy nights out with the BGT judges

You have to love Amanda Holden. Bright, breezy, friendly, chatty, polite – she's exactly the same as her persona as a judge on hit TV show *Britain's Got Talent*.

Now happily married to music producer Chris Hughes, Amanda, 44, seems confident and happy in her own skin.

Having daughters Lexi, nine, and Hollie, three, later in life – including a near-death experience during her last birth – seems to have softened her.

Flicking her hair (extensions, we can reveal), Amanda looks

great for her age. Although her skin appears strangely tight and her eyes are suspiciously cat-like, she insists her Botox days are behind her.

Petite and pretty in white trousers and a pink jumper, she seems much smaller than she does on TV. But one thing's for sure – she has big views on everything from Simon Cowell's taste in women to plastic surgery. In fact, we can barely shut her up!

We get the lowdown on how the judges get on, Simon's cute toddler Eric and (brace yourself, BGT fans!) her plans to move across the pond...

With daughters Hollie and Lexi





On the town with Simon, Lauren and Alesha

Amanda and husband Chris

“When I leave it’ll be me saying, ‘I’m bored of you. I’m going, darling!’”

Do you think they will have more kids?

Simon would probably like a little girl, but it would be difficult for Lauren, who already has to travel to see Adam. He did fall in love with Hollie when she sat on his lap, though, so maybe Simon could persuade her.

Would you ever go on holiday with Simon and his harem of women?

No! I never want Simon to see my arse in a bikini! I’d wear a sarong the entire holiday.

There were rumours that Simon was going to axe X Factor judge Nick Grimshaw. Do you ever worry that one day the axe will fall on you?

After ten years I don’t think so. It will be me saying, “That’s enough, I’m bored of you. I’m going now, darling!” And I don’t think that Simon is going to get rid of Nick Grimshaw, either.

Why do you think The X Factor is losing viewers?

Maybe you can have too much of a good thing, but I still think seven million viewers is good.

Would you ever go to America?

Yes! Always! I’ve been waiting for Simon to give me the call for ten years. Chris would kill me, but we’d go, 100 per cent. ■

Emily Hall

Amanda is launching the Pebli Town pre-school toy, available to buy at toysalive.com

Hi Amanda! How are you?

I’m very well! I feel like I’ve been talking non-stop today. I’ll go home and be unusually quiet.

You’re a mum of two. What’s your parenting style like?

I think I’m pretty strict. I said to the girls once, “Who are you more scared of, Mummy or Daddy?” and they both replied, “Mummy!” I quite liked that, because they know that when I say something I mean it – while they laugh in their father’s face! You need one of us to be the bad guy and I really don’t mind if it’s me.

Do you worry about what they might see online?

There’s a lot of negative publicity about tablets, but we have to face it and embrace it. That’s why I love the Pebli Town. It introduces a tablet with interactive play, so kids still use their imagination, which is inspiring for life.

Would you like another baby?

No! I’ve been warned that it’s best not to. I don’t want any more, to be honest. Also, I’m 45 on my next birthday. I’m tired! My children have got to the age where I finally get my life back and I don’t feel so guilty when the grandparents look

after them. Chris said to me, “Have as many as you want, but you’re not having them with me!”

Would you ever adopt?

If I hadn’t had my own children I’d have considered it, but no. We have the family we were supposed to have.

You stopped using Botox after falling pregnant with Hollie. Is that still the case?

I’m natural all the way, but I don’t think there’s anything wrong with it.

What kind of dad is Simon?

He’s brilliant. He’s quite boisterous with Eric. He throws him about, plays with him and even takes him to the auditions. Lauren always comes along too. She’s changed Simon. She’s softened him.

Is Lauren The One?

The biggest commitment you can ever make is to have a baby with someone. Their lives are always going to be intertwined and she’s a brilliant influence on him.

Do you all go out together?

All the judges went out for dinner not that long ago, actually.

What do you get up to?

I couldn’t possibly say. It’s like Vegas – what happens there stays there!

So does that mean there was drinking and dancing?

Oh yeah! We don’t get massively drunk, but we all enjoy a drink. We’re very indiscreet. It’s funny.

Do you all gossip together about other celebrities?

Of course! God forbid the table was ever bugged. We all genuinely get on off screen. When Simon starts working on *The X Factor* you have to book a slot to see him, while Lauren is backwards and forwards going to see [her eldest son] Adam in America, so you have to grab them when you can.

CLAWS OUT FOR CHERYL!

Amanda branded Cheryl Fernandez-Versini silly for saying it should be against the law to skinny shame. “It’s a little stupid to say it should be illegal,” Amanda says. “When you’re in the public eye, you have to take the good with the bad, like it or not, she wouldn’t be on the [X Factor] panel if it wasn’t for the papers. You can’t complain.”

Louis Walsh, 63, also had a pop, hinting Chezza’s only doing the show for her rumoured £1.8m pay cheque. “She’s very ambitious, she’s not there for the music,” he said. Ouch! ■



BETRAYED KHLOÉ ‘I FEEL HUMILIATED’

Reality star despairs after her man is accused of ‘cheating’

Un lucky in love Khloé Kardashian has suffered yet another blow after her boyfriend James Harden was caught lounging in the bedroom of a stripper famous for her ample assets.

Super-sized dancer Nelly Wit Da Jelly – a reference to her plump rear – posted a snap online of a man in her bedroom. But she quickly deleted it after eagle-eyed fans pointed out it was Khloé’s beau James, 26.

The *KUWTK* star is said to have hit the roof, telling friends she can’t believe she’s been humiliated by yet another guy.

The 31-year-old has worked hard to encourage the Houston Rockets basketball player to gel with her famous family, even introducing him to hard-to-please mum Kris Jenner, 59.

But after dating for just a few months, her new flame has been caught out in a compromising

position in the photo posted by the Philadelphia stripper.

However, a source close to the sportsman insists he’s dedicated to Khloé. “James is focused on making his relationship work and winning a championship,” the insider says. “He has no time to add the drama of other women in his life.”

Despite his denials, the photo is sure to hurt Khloé, whose ill-fated marriage to basketball star Lamar Odom, 35, was plagued by rumours of infidelity.

Khloé apparently challenged James over the snap, with another source claiming, “They had a terrible fight after Khloé confronted him and demanded the truth about who he’s been seeing behind her back.”

Despite their split two years ago, Khloé has made it clear she still cares for Lamar, which James can’t find easy. Earlier this year she said, “I will never ever not love Lamar. He was my husband and I still wish he was.”

The source adds, “Khloé doesn’t know what she wants. One week she wants [James’] baby, the next she’s having second thoughts about Lamar, then she wants to be exclusive, then she doesn’t.”

Make your mind up, Kiki! ■

Emily Hall



Khloé’s standing by James



Sharp-eyed fans spotted it’s James in this pic

KIM’S HEEL HORROR!

If your feet hurt after a day in heels, spare a thought for pregnant Kim Kardashian. When she stepped out to run errands in LA last week, her Perspex stripper heels completely buckled under her baby weight!

Kim, who is thought to be due on Christmas Day, struggled to keep her balance as the heels gave way beneath her.

You would think she’d know better. When she was pregnant

with two-year-old North, Kim suffered a similar trauma when she squeezed her swollen feet into too small plastic heels.

The 34-year-old has also revealed that she and hubby Kanye West, 38, have been thinking of baby names.

Speaking on *The Ellen DeGeneres Show* last week, she explained, “I like the name Easton. I don’t think my husband likes that name, but I do!” ■

Kim had shoe trouble last time around



Kellogg's

See you at breakfast

MADE WITH

5 GRAINS

RASPBERRIES

PUMPKIN

SEEDS

POMEGRANATE



NEW Special K Super Porridge **LIVE IN COLOUR**

48 HOUR DELIVERY* ON 100s OF SOFAS

SPREAD THE COST, INTEREST FREE



Harlow
3 seater
£999

Kelton
3 seater
£869

Elena
3 seater
£559



*Express delivery £10. Orders placed by 7pm,
delivery Monday - Saturday

Littlewoods.com

Representative Example: 0% APR representative (annual interest rate 0% fixed). Typical credit limit £750. The actual credit limit offered will depend on your credit status. This running credit account provides a range of interest free & interest bearing terms. An advance payment may be required with some orders placed on the account.

Credit provided, subject to status by Shop Direct Finance Company Limited. Aintree Innovation Centre, Park Lane, Netherton, Bootle, L30 1SL. Over 18s only. Authorised and regulated by the Financial Conduct Authority. Goods/services provided by Shop Direct Home Shopping Limited. First Floor, Skyways House, Speke Road, Liverpool, L70 1AB. Prices correct at time of print.

'I often think I'm too harsh'

The Apprentice's Karren Brady fills us in on this year's hopefuls...

Get your suit and tie on! The new series of *The Apprentice* is returning for more boardroom drama and Baroness Karren Brady is back to advise Lord Alan Sugar and guide the contestants.

We catch up with the 46-year-old businesswoman to discuss Nick Hewer's replacement, terrifying new addition Claude Littner, and hanging out at the House of Lords...

Hi Karren! Are there a lot of fiery personalities this year?

Loads! Everyone wants to win. They want the money and to set up in business. Most entrepreneurs are used to working for themselves, so when you get 18 of them together they all think they're in charge and that creates fireworks!

Are you missing Nick?

I worked with Nick for a long time and I adore him! He's extremely charming and witty, but Claude has stepped in brilliantly. He's great fun and he's an absolute gentleman.

Who's scarier, Claude or Alan?

Alan, every day. He's the boss and everyone is scared of the boss!

Do you always agree with his boardroom decisions?

I think I do. Alan doesn't consult with us about who he's going to fire and hire. He makes his own decisions based on the information we give him, but when we go in the boardroom we don't have any idea which direction it's going to go.

Do you worry what to wear?

I start off with good intentions, but very quickly find I'm in jeans and trainers.



Are you too harsh on contestants?

Yeah, often!

Has Lord Sugar softened over the years?

With Alan, what you see is what you get. He's not an actor and he's a very straightforward person. I love him for that. Nobody could replace him.

Do you ever hang out together?

We do, because we're both in the House of Lords. We meet up once or twice a week.

How do you find time to spend with your family?

My daughter Sophia is at university and my son Paolo is doing his A levels, so they don't miss me any more. They both love the show.

Will you read Amy Childs' new business book?

Who is Amy Childs? I've no idea! But anyone who gives business a go is good in my book! ■

Gemma McCartney

The Apprentice returns on Wednesday 14 October at 9pm on BBC1

HIRED OR FIRED!

Karren rates these famous former contestants



LUISA ZISSMAN

"I'm not in touch with her, so I'm not really sure what her business does."

DR LEAH TOTTON

"She's one of the standout people for me. Her cosmetic surgery clinic is doing well and I'm told she's the most prolific thread lifter in the country!"



JAMES HILL

"He was always a very likeable chap. A very honest, straightforward unpretentious young man, although I didn't watch him on CBB."



KATIE HOPKINS

"I have nothing to say about her!"

Charlotte X

DIETS, DATING AND DRAMA... TALES OF A GEORDIE GIRL!

Hi guys!

This week I'm writing my column from beautiful Cape Verde, where I'm on holiday with Holly Hagan. We did enough partying and boozing to last a lifetime when we were in Ibiza recently, so this holiday is all about unwinding and detoxing. I've been keeping up my workouts and healthy eating – it's been so nice to chill!

Charlotte X



Making Max jealous!

I heard that Olly Murs is single now after he split up with his girlfriend, Francesca. He's a great-looking lad and seems lovely, but he's not really my type. I'm not on some desperate manhunt – I'm happy just getting to know Max.

We've been texting back and forth while I've been away. I've been making him really jealous by sending him snaps of the gorgeous beaches and lovely weather!

Sam's sex secret

Made In Chelsea's Sam Thompson revealed on Snapchat that his favourite sex position is doggy style. Personally, I think all positions are great! It's about mixing it up. After all, variety is the spice of life!



Team Grimmey

I can't understand why Simon Cowell would even think about axing Nick Grimshaw from *The X Factor* – I love him! If they did bring Louis Walsh back, he'd never win. He's cursed! Speaking of Louis, I heard he turned down £500k to appear on *I'm A Celebrity*... which is such a shame. I'd love to see him on the show so I could vote for him to do all the horrible Bushtucker Trials! I'd be up for going in the jungle, but I wouldn't be able to jump out of the plane!



Dream come true

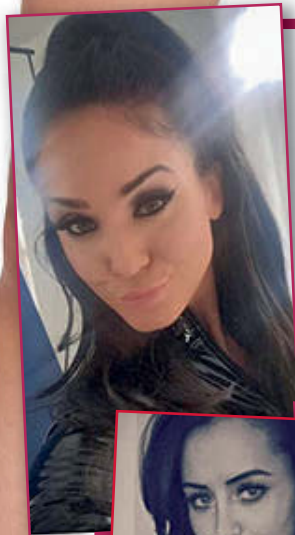
I'm so excited to finally launch my own YouTube channel, CharlotteLetitiaCrosby. It's something I've wanted to do ever since I was at school – I used to skip class so I could make prank videos! The channel will cover everything – fitness, beauty, pranks and challenges – and it will follow me on photo shoots and at PAs. I hope you all subscribe, like my videos and comment.

Vicky vs Marnie

Vicky Pattison has said Marnie Simpson tried to get papped with her on/off-boyfriend Stephen Bear at the recent Jeans For Genes party. I was there and she did nothing of the sort! Me and Marnie spent most of the night with Gary Beadle. Vicky and Marnie have never got on, so I doubt either of them will lose sleep over it! It has probably been twisted anyway.

Romance isn't dead!

Coleen Rooney has said that her husband Wayne writes her love poems. That's so cute and dead romantic. It's so hard to find someone who will do thoughtful things like that for you. Mitch once took me to New York but that's pretty much as far as the romance went!



star
EXCLUSIVE!

star**interview**

'Being alone is hard'

Model Danielle Lloyd opens up about life as a single mum...

Danielle Lloyd has had a tough year. After the breakdown of her marriage to Jamie O'Hara amid reports he had been unfaithful, she thought she'd found love again with property developer Tom Jimson. But he let the model down when he tried to sell intimate snaps of her.

Now the 31-year-old is smitten with Michael O'Neill and admits she's finally in a good place. As we chat with the mum-of-three at the PINKLondon fundraising event, she's painted head-to-toe, happily flaunting her toned figure. But behind all the glitz and glam, Danielle admits it's been difficult battling loneliness...

Hi Danielle! You're balancing a career and three kids. How do you do it?

It's hard. I haven't got a nanny, but I get a lot of help from my mum. I go to London for work for a couple of days, then I'll go home and be a mum again.

Do you have any close friends to help out?

I don't. I'm in Birmingham by myself. It's hard that I'm alone, but my mum would bend over backwards for me.

Do you ever take the boys to work?

I took them with me when I did *Get Your Act Together* and they loved it. They were saying, "Mummy looks like Spider-Man!" Sometimes they can't understand why I'm on the telly!

Does having kids help when it gets lonely?

When I wake up in the morning, whatever mood I'm in, they give me the biggest cuddle and everything feels better. When they're not there, it's horrible. I'm like, "What am I gonna do with myself?"

Do you think ahead to when they grow up and leave home?

They're not going to leave me! They're going to stay at home with their mum forever!

Would you be happy for them to be in the spotlight too?

I don't mind, as long as they're happy. I'll help them along the way.

That's quite a revealing outfit! Do you feel body confident?

I'm not in the best shape of my life – last year I was ripped – but I'm happier at the moment.

You've bounced back from so much drama. How do you stay strong?

I'm a determined person and I'm quite laidback. I just get on with things. My priority is the boys. If I were to let things get on top of me, I couldn't deal with them.

Will you introduce Michael to the spotlight soon?

He's not into that sort of thing, so definitely not! We keep things separate.

You were spotted wearing a ring on your engagement finger... Is a wedding on the cards?

No! I just can't fit the ring anywhere else.

Would you like more kids?

One more, and I'd love a girl, but as long as they're happy and healthy that's the main thing. ■

Daisy Jordan

Danielle is the face of Zeo Pink – 10p from every bottle goes to the Pink Ribbon Foundation. Visit drinkzeo.com



She's loved-up with Michael



Danielle's in the pink for charity



Her boys are her world

Stars & Stripes

Your essential weekly update of Stateside showbiz stuff

Justin 'I want to be like Jesus'

Professional douchebag – sorry, singer – Justin Bieber has taken a leaf out of rapper Kanye West's book by revealing that he tries to live his life like Jesus Christ.

The multimillionaire pop star, 21, revealed, "I just wanna honestly live like Jesus. Not be Jesus – I could never – I don't want that to

come across weird. He created a pretty awesome template of how to love people and how to be gracious and kind. Sometimes, when I don't feel like doing something but I know it's right, I remember, 'I'm pretty sure Jesus didn't feel like going to the cross and dying.'"

For once, we're speechless...



Beebus wants to be Jesus

Tyga 'Stop oversharing, Kylie!'



Tyga hit out at her Snapchat obsession



He's Still Got It when he wants

Social media is her life, but it seems even her rapper boyfriend Tyga has finally become fed up with Kylie Jenner's obsession with documenting every nanosecond of her day on the internet.

Amid rumours the pair are on the verge of splitting up, the reality star posted a video on Snapchat of them rowing about her posting a

video of him on, yes, you've guessed it... Snapchat.

In the clip, Kylie, 18, and Tyga, 25, are lying on the couch when the rapper says to her, "You wouldn't like that if I posted you and shit, right? So stop filming me on Snapchat!"

She responds by kicking her feet at his head – and posting it on Snapchat!

Ah, young love...



Miley spots the difference

While the first sign of a zit would have most celebrities refusing to leave the house, Miley Cyrus, 22, stepped off a plane with her spots covered in thick white cream.

The singer was in New York for a performance on *Saturday Night Live* and did her best to distract from the pimples with a few carefully placed star stickers – although she was still happy to pose for photos with fans.

But we'd like to suggest acne is the least of her worries after she arrived wearing Crocs. Seriously, Miley? Crocs?

Pammie 'I'll still rescue you, boys!'

It may be more than a decade since we saw Pamela Anderson strutting down a beach in a red bathing costume, but the ex-*Baywatch* star admits she still slips into the famous swimsuit from time to time. Pammie, 48, reveals, "I've put it on, jumped in the shower and 'rescued' a few men over the years. Just at my house, though!"

The mum of two also recalled her wild days at *Playboy* parties, saying, "It was a very sexy time. You wanted badly to get the most charismatic man to notice you."

We're sure they did, Pam!



Carpool singalong with Mariah Carey

Driven to distraction by soul legend Steve Wonder

James begged 'Stop driving dangerously!'

James Corden's comedy carpool skits on his US chat show may have us splitting our sides, but for TV chiefs they're no laughing matter. James, 37, has been warned over using his mobile when driving and taking his hands off the wheel as he croons along with stars such as Stevie Wonder, Mariah Carey and Justin Bieber.

Telly bosses at CBS fear the *The Late Late Show* carpool karaoke sketches could earn the Brit a rebuke from California traffic police. Eyes on the road, James!



Is this the world's weirdest Twitter spat?

Coronation Street and *EastEnders* joined forces last week in the most surreal Twitter spat. Azealia Banks, 24, kicked it off by comparing the LGBT community to the Ku Klux Klan – but she quickly took down her tweet.

Outraged ex *Corrie* star Charlie Condou, 42, tweeted, "Has @AZEALIBANKS deleted this?" *EastEnders'* Alison Newman jumped in with, "What an unfathomable idiot".

Furious, Azealia hit back, "Botox those frown lines. YIKES!" Not to be messed with, Alison replied, "I'm 47 yrs old. My wrinkles are from laughing. And Botox is poison."

Don't mess with a soap star again, Azealia!

US goSSip! US goSSip! US goSSip! US goSSip! US goSSip! US goSSip!

- The teenage daughter of *The Fast And The Furious* star Paul Walker is suing motoring giant Porsche, claiming the car in which the 40-year-old actor was killed in a 2013 crash had design defects that led to the accident.
- *Girls* creator Lena Dunham says someone

else now manages her Twitter account after body-shaming jibes. "Even if you think you can separate

yourself from the verbal violence that's being directed at you, it creates really cancerous stuff inside you," she says.

● *Rapper Nicki Minaj* has revealed she's working on

a TV sitcom based on her childhood growing up in Queens, New York. ● *Nashville* actress Hayden Panettiere has told of her fight with postnatal depression after the birth of daughter Kaya in December. "It's something that needs to be talked about," she says. "It's painful and it's scary and women need support."



'I'll propose to Vicky by Christmas'

The Ex On The Beach star dishes about their rocky relationship

Stephen Bear has a lot of explaining to do. After watching his recent antics on *Ex On The Beach*, his girlfriend Vicky Pattison, 27, admitted that she's "sick to death" of his behaviour and that she can't "forgive or forget" him for flirting with co-star Ali Drew.

However Stephen, 25, has defended his behaviour and revealed that despite rumours it's over between them, he's still very much in love with the former *Geordie Shore* star...

Hi Stephen! Are you and Vicky still together?

Every Tuesday we break up, on Wednesday we're talking and by Thursday we're back on. I'm with her and I don't want anyone else.

Are we going to see more surprises from you on the show?

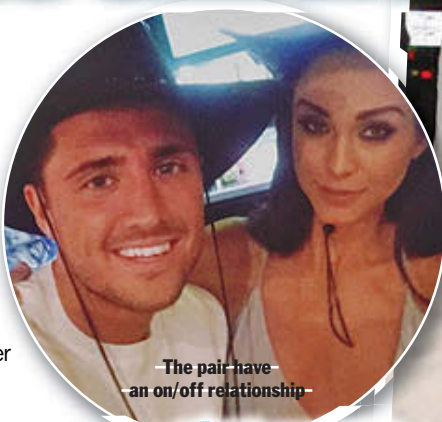
There's always surprises with me! I said to Vicky, "No more surprises," but I don't even remember what I did yesterday!

Is Vicky full of surprises too?

She's a f**king lunatic and unbelievable in bed too!

Do sparks fly with you both?

When we're together we're



The pair have an on/off relationship

star EXCLUSIVE!

explosive, but when we're away from each other we're both really paranoid.

Is marriage on the cards for you both?

I always said to Vick that if we're still together by Christmas, I'll propose. I love her to pieces.

Have you ever been engaged before?

I've never had a girlfriend before! I'm 25 now and I should grow up.

Her friends aren't your biggest fans...

Before the show, everyone loved me. Now it's out everyone f**king hates me. It's fair enough, but I didn't even know her six months ago.

Does it frustrate you?

I hate it. Everyone's like, "Poor Vicky!".

Does she listen to what people say?

She says to me, "No one has ever treated me like you have." So why does everyone want us to break up?



Vicky is close to pal Alex



Stephen was in hot water for flirting with Ali

How are you going to make it up to her?

We're going to get away from it all. It's hard for her to trust, but I'll keep being a good boyfriend.

Vicky's Judge Geordie co-star Alex Cannon has admitted you don't like them being mates...

He texts her at 4am. I don't want any fella texting her at 4am! It's f**king horrible.

Do you see yourself becoming friends in the future?

I don't need to meet him. He slagged me off, so why would I?

Vicky isn't happy with Marnie Simpson after her attempts to get papped with you...

I got home and told Vicky, "I bumped into your mate Marnie. She asked me to go to the cash point with her." Vicky said, "Oh f**king did she?!"

Are you staying away from Marnie now?

If I go near her I'll be in trouble. I'll just give her a wink from far away! I don't give two f**ks. ■

Daisy Jordan

ASDA

Save money.
Live better.

Toys out. Let the fun begin.

£15



George Home wooden
doll's house furniture
Ages 3+

£35



George Home wooden
doll's house
Ages 3+

Shop over 50 traditional wooden toys at [George.com](https://www.george.com)

Selected stores. Available while stocks last. Online delivery charges may apply.

In-store | Online | Mobile

Where is the LOVE?



Katherine Jenkins & Andrew Levitas

Pop-opera star Katherine said she was "absolutely besotted" as she announced the birth of her first child, Aaliyah Reign Levitas. The 35-year-old Welsh singer married the actor and film-maker Andrew, 38, at Hampton Court Palace last year. She posted a photomontage of the baby on her Instagram page, writing, "Introducing our daughter, who came loudly into the world weighing almost 7lbs and surrounded by love."

BABY JOY



NEW COUPLE!

Rita Ora & Travis Barker

You'd think she wouldn't have a moment to spare at the moment, but Rita's hunt for romance never ceases! Her latest boyfriend is former Blink 182 drummer Travis, who she met at an LA basketball game last month. The 24-year-old and twice-married Travis, 39, hit it off right away, posting pictures of each other on Instagram, and have since become "inseparable". She previously dated Ricky Hilfiger and was linked to Wiz Khalifa.



NEW COUPLE?

Zayn Malik & Carlyn Bryan

Last week Zayn let the world know he has a new squeeze. However, the 22-year-old singer broke the news in the least delicate way possible for ex Perrie Edwards – by posting a topless pic with PR girl Carlyn in his arms. A source says, "It's early days but a romance between the pair is on the cards. Despite Zayn's picture, Carlyn is trying to keep a low profile and the relationship will be kept under wraps as long as possible."

Ellie Goulding & Dougie Poynter

Ellie has dropped another hint she's ready for McBusted boyfriend Dougie to put a ring on her finger. Asked if she fancied a wedding, the 28-year-old said, "God, yes! I'm nearly 30! I once had a pretty warped view of marriage because so many people around me had divorced parents. But when someone comes along and reestablishes that trust, then it's nice to think of doing everything the traditional way – having a church wedding with all my family in one place." Aww!



WEDDING HINT!

Love bites! Love bites! Love bites! Love bites! Love bites!



● Stand down, James Middleton fans. It turns out the bearded baker and Donna Air *haven't* broken up. They insist, "We are still very much a couple."

● Tom Daley has got engaged to Oscar-winning boyfriend Dustin Lance Black. Tom's mum said the pair will tie the knot after the Rio Olympic

Games next year. ● *Big Bang Theory* star Kaley Cuoco and Ryan Sweeting are divorcing after 21 months of marriage. Bet Kaley, who's worth \$45 million, is glad they got a pre-nup. ● Sound the weird couple klaxon! Defying

their 13-year age gap, Nick Jonas and Kate Hudson had a string of dates, including a day at Disney World in Florida! ● Karrueche Tran has moved on from Chris Brown. The model has been partying and shopping with Dutch footballer Memphis Depay in Manchester.



star
EXCLUSIVE!

'You can love more than one person'

Ricky Whittle talks being faithful and fan-girling over his fave stars

Former *Hollyoaks* star Ricky Whittle has been making serious waves Stateside in the hit TV series *Mistresses* and *The 100*.

Since moving to LA three years ago, he's been wowing producers – and the city's women – with his film star looks. The 33-year-old actor found time for us in his busy schedule to chat about his glamorous new life in the sunshine, his take on infidelity, and meeting his childhood heroes...

Hi Ricky! Were you intimidated joining a hit US show?

The women kept mocking my accent, going, "You sound like you're from London, lovely jubbly!" They're incredible actresses but their English accents are terrible!

Have you found it very gossipy on set?

All the girls sit there and gossip! But I grew up around a lot of women. I get on with women, I understand how they work and I love spending time around them.

The show doesn't exactly portray marriage in the best light...

It's called *Mistresses*, so no one can have a happy relationship or they'd have to change the title!



With the cast of *Mistresses*

Would you judge someone for being unfaithful?

I think you can have crazy strong love for more than one person, that's possible. But if I'm in love then that person has my whole heart.

So you've never cheated?

When I've been in love my eyes have not strayed, my head has not turned. I've been infatuated and I think about that person when I wake up in the morning and when I go to sleep. But it's hard when you meet your celebrity crush and you have to remind yourself, "No, no, I'm in love with another person!"



Anderson in the US drama

Has that happened to you?

I met my childhood celebrity crush Pamela Anderson five years ago and, I'm not going to lie, she still had it when she walked into the room. Life went into slow motion – wind machine blowing her hair, I heard music... I'm a fully grown man, but she still did it for me!

Living in LA, what's it like to be at events with wall-to-wall A-listers?

I still get starstruck and you'll find me fan-girling about various people because I'm a massive

TV and film fan! When you get to see these people in the flesh, it's great fun.

Who was your favourite?

Robert Carlyle. I met him on a plane and he was lovely. He didn't have a clue who I was, but when I told him I was a fan of his, he said, "That makes me smile, thank you very much." Cool dude!

How do you relax?

Filming is intense – you can be shooting for 18 hours a day – so you need to enjoy your downtime. I'm an adrenaline junkie, so that means racing cars, jumping out of planes, racing jet skis or diving off a boat. I'm young and doing well, so it's all about enjoying life. ■

Gemma Calvert

***Mistresses* is on Wednesdays at 9pm on TLC**



He still has a crush on Pam

party crasher

We get all the goss from the hottest events in town



Sharon thinks Louis should move on!

Sharon 'Louis needs to move on!'

PRIDE OF BRITAIN AWARDS, GROSVENOR HOUSE, LONDON MONDAY 28 SEPTEMBER
Sharon Osbourne made her final exit as an *X Factor* judge in 2013 and has never looked back.

And speaking to *Star*, she advised her pal Louis Walsh to do the same. "I love Louis – and *The X Factor* with Louis – but he should move on," she said.

Hosts of *The Xtra Factor* Rochelle Humes and Melvin Odom were also at the bash, and they defended new judge Nick Grimshaw amid rumours he may be

facing the boot. "The bosses are more than happy with our Grimmy," Rochelle said. "I can't wait for the live shows. He'll come into his own then."



Kerry 'Every couple has problems'

NATIONAL REALITY TELEVISION AWARDS, PORCHESTER HALL, LONDON WEDNESDAY 30 SEPTEMBER

Kerry Katona and George Kay have had their fair share of drama, but when Kezza arrived at the awards with the personal trainer on her arm, it was clear she's totally smitten.

"Everyone has their problems, but we're really happy," she said.

"I have been through absolutely everything I can think of, yet I'm stood here and I have a really fit husband!"

Sinitta was also at the awards and she seemed unimpressed

at being replaced by 1D's Louis Tomlinson at *X Factor* Judges' Houses stage.

She asked, "What's he got that I haven't?"

He's like 12 or something!"



Sinitta isn't happy with Simon!



Nicola has no plans to marry Alex.

Nicola 'MIC is stressful!'

TALLIA STORM BOOK LAUNCH, TAPE LONDON TUESDAY 29 SEPTEMBER

At the glitzy launch, we bumped into *Made In Chelsea*'s Nicola Hughes and Tiff Watson, who seem unhappy about the new series. "It's very stressful," Tiff said. "There is drama involving all of us."

Nicola was quick to downplay her relationship with Alex Mytton. "We live together, but everyone

asks if we're getting married," she told us. "I'm only 25!"

But we sensed trouble, especially as Tiff added, "Lucy Watson and James Dunmore are the best couple at the moment. They're solid!"



Tiff is stressed!

Guestlist GOSSIP! Guestlist GOSSIP! Guestlist GOSSIP! Guestlist GOSSIP!



Jasmin's a changed woman.

- At the Pink Ribbon Foundation's PINK London 2015 bash, Jasmin Walia admitted she's changed since her Essex days. "I've gone from cold-hearted on *TOWIE* to an emotional wreck on *Desi Rascals*," she laughed.
- Fran Newman-Young thinks her former pal Binky Felstead

needs to get a life outside of *Made In Chelsea*. At the launch of the new SEAT Ibiza, she said, "Binky's been on the show since she was 19, so she's been brainwashed."

● Frankie Bridge showed off her amazing post-baby body at the Thomas Sabo Cocktail Reception bash, six weeks after giving birth

to her son Carter. ● Speaking at the Pride of Britain awards, *Strictly*'s Anthony Ogogo denied rumours his dance partner Oti Mabuse is a slave driver. He told *Star*, "She's really patient with me. And she needs to be because I'm a bit thick!"



Frankie looked fab.

YOU'LL SOON BE 21 TIMES MORE LIKELY TO WIN

From 8th October, you're 21 times more likely to win The Health Lottery jackpot than Lotto*, because Lotto are adding more balls which makes it harder to win their top prize.

Plus we're only £1 per play. That's half the price of Lotto.

Over £100 million in cash has been given away to our lucky winners. And nearly £70 million has been raised for good causes in your communities.

There's five chances a week to win a jackpot. Play The £1 Health Lottery today.

In store. Mobile. Online.
healthlottery.co.uk



Everybody Wins

QUILTS



This bold number is sure to keep you warm

the coat edit

There's a good reason To welcome winter when you can get your hands on These fab cover-ups



PASTEL



Add a
skinny
scarf to
get that
catwalk
look



FAUX
FUR



Don't shy away from daytime
wear – simply pair with jeans



COMPILED BY GILLIAN SCHOLES. PHOTOS: GETTY. STOCKISTS: ASOS.COM; BODEN.CO.UK; DOROTHYPERKINS.COM; JOYTHESTORE.COM; MANGO.COM; MARKSANDSPENCER.COM; MISSGUIDED.CO.UK; MISSSELF.FRIDGE.COM; NEWLOOK.COM; OASIS-STORES.COM; RIVERISLAND.COM; SIMPLYBE.CO.UK; TOPSHOP.COM; WAREHOUSE.CO.UK; ZARA.COM

SPY IT BUY it!

If you shop for one thing this week, make it a pussybow blouse

FROM DESK...



Now £119
Was £149



£44.99



Topshop
£40



Oasis
£35



River Island
£65



ASOS
£25



River Island
£65

...TO DATE



Zara
£89.99



£39.99



accessorize
£4

ego
£27.99

COMPILED BY JODIE SPRAGG. STOCKISTS: ACCESSORIZE.COM; ASOS.COM; EGO.CO.UK; HM.COM; MANGO.COM; NEWLOOK.COM; OASIS-STORES.COM; RIVERISLAND.COM; TOPSHOP.COM; VERY.CO.UK; ZARA.COM

RATED OR SLATED

STAR'S fASHion TeAm givES iTS expert verDICT on ThIS week'S celeb ouTfiTS

LOOK
OF THE
WEEK!



10/10

KYLIE
JENNER

The reality star's skintight camel dress accentuates her infamous curves. The youngest of the Kardashian klan keeps it tonal with matching bag and shoes. We love!



9/10

HAILEY
BALDWIN

We adore Hailey's rock-star look. The heavy-duty leather jacket is a great partner to her Topshop biker skirt, showing just how easy it is to work this stylish look.



4/10

PIXIE
LOTT

Uh-oh! We can see what Pixie was going for with this, but it really hasn't worked. The sickly shade and cheap-looking fabric make this a red-carpet fail.



5/10

BILLIE
MUCKLOW

Billie's post-baby body is incredible, but this vintage Azzaro dress with feathered trim does nothing to show it off. It simply drowns the former TOWIE star.



6/10

SELENA
GOMEZ

We love Selena's midi skirt and grey knit combo, but it's better suited to someone a bit older. We're fans of her cherry lip shade and loose plait, though.

BEAUTY BUZZ



Ever wondered how Kylie Jenner gets those hypnotic smoky eyes? The 18-year-old's make-up artist, Ariel Tejada, has revealed that he loves to use Tarte's Tartelette, £34, on her "mesmerising" eyes. With 12 soft blendable colours, it makes creating a glam look a breeze.



THE GRANDE REVEAL

Ariana Grande is the latest pop star to launch her very own fragrance and the singer claims her signature scent, Ari, is sexy and cute – just like her! The fragrance may be fruity and floral with notes of marshmallow, but 22-year-old Ariana promises the perfume "has some surprises underneath". One thing that's certain is it's as girly as it gets. Presented in a cute pink bottle complete with an on-trend pompom, it's super sweet. Prices start at £22.



If your make-up bag is bulging with lipsticks, glosses and balms, check out Rimmel's latest innovation, which combines all three. The Only 1 is a hybrid of three lip essentials – all for just £6.99. The only problem is which shade to choose! Although you're in good company if you pick Revolution Red, as it's Georgia May Jagger's fave.

Great make-up brushes needn't be pricey and we're really impressed with celeb make-up artist Sue Moxley's new range. It starts at just £4, and a five-piece set is only £19.95. Grab Sue's Contour Kit for £19 to try out some new brush skills and, if you still need some help mastering Kim K's contouring style, you can get top tips from Sue's tutorials by visiting suemoxleybeauty.co.uk



tried & tested

HAIR MASKS



Best for: Hair prone to breakage. Has a lovely honey scent and feels rich. Leaves hair looking healthier.



Best for: Limp hair. Fresh and light with a refreshing scent. Hair feels softer with added shine.



Best for: Reducing frizz. This has a rich consistency and leaves hair feeling healthy and tamed.



Best for: Dry hair. Has a pleasant natural fragrance and leaves hair looking much more shiny.

BEAUTY IN THE PINK

Support BreaSt CanCER
awareneSS month with theSe
feel-good Buys



nsPa Tickled
Pink Raspberry
Rich Body
Butter
£3



Bobbi Brown
Blush in 'Pink'
(Includes Brush)
£20



Clinique
Cheek Pop
in 'Pink'
£17.50



Origins Make
A Difference
Rejuvenating Hand
Treatment
£9.50



Mani Daili
Nail & Cuticle
Cream
£2



Elemis
Pro-Radiance
Illuminating Flash
Balm (Includes
Make-up Bag)
£25



Bourjois Little
Round Pot Blush
in 'Rose'
£7.99

COMPILED AND STYLED BY JODIE SPRAGG.
PHOTOGRAPHY BY CAROLINE LEEMING. STOCKISTS:
BOBBIBROWN.CO.UK; BOURJOIS.CO.UK; CLINIQUE.CO.UK;
ELEMIS.COM; HOBBYCRAFT.CO.UK; MARGARETDABBS.CO.UK;
NSPA AT ASDA.COM; ORIGINS.COM

'I want a bigger bum!'

Diana Vickers talks about expanding her assets...

star
EXCLUSIVE!

Diana Vickers may have found fame on the *X Factor*, but she's long since swapped her singing career for acting roles. However despite finding fame when she was just 17 years old, Diana has kept her feet firmly on the ground – especially when it comes to shunning crazy diets for a cheeky glass of prosecco!

Happy and breezy, the 24-year-old actress talks openly to *Star* about her body hang-ups and weight worries – especially after getting “a little bit naked” for her role in new British thriller *Awaiting*...

Hi Diana! Are you training hard at the moment?

I'm currently rehearsing for a play, so I'm not really exercising, but usually I work out about three times a week. I live by Victoria Park in east London, so I run once a week.

What's your diet like?

I went through a stage of going out quite a lot and waking up in the morning and eating chicken korma, which wasn't very good! I'm trying to be quite healthy at the moment. During the day I'd have yogurt with loads of fruit, tuna sandwiches and loads of nuts and water.

What's your guilty pleasure?

I'm obsessed with pizza and white wine. They make me happy! I also think my blood type may be prosecco...

Which part of your body do you like the most?

I like my legs and I'm always getting them out. I think every woman should!

Anything you're not happy with?

I have a really flat bum, so I'd love more of a butt.

Would you ever have cosmetic surgery?

I don't think so.

If someone's got something that's depressing them and it will help change their mood, then do it. I don't really believe in doing it out of vanity.

Do you obsess about your body?

I was obsessed when I was younger, but I'm comfortable and happy with it now.

Would you ever lose weight for a role?

Sometimes it's not about losing weight, it's about feeling good. I had to get a little bit naked in my new film and was worried about showing some side boob. However, when I'm working hard I lose weight anyway.

How do you dress for your shape?

I wear 60s-shaped skirts and I like to tuck things in and show my waist. Wearing shirts helps improve how my jaw line looks, too.

What's your top beauty trick?

I always take my make-up off before bed and moisturise. Water and sleep are important too. ■

Gemma McCartney

***Awaiting* is out on DVD on 7 September**



The singer is happy with her figure



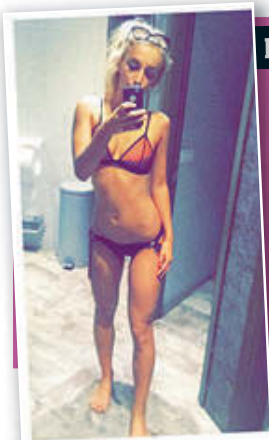
...loves a glass of prosecco



Diana's a fan of the 60s look



...new thriller... awaiting



Body talk! body talk! body talk! body talk! body talk!

● Summer is over, but Tiffany Watson still managed to give us body envy with this snap of her super-toned bikini bod in Ibiza. “Umm I don't want to come home,” she captioned it. ● Robbie Williams has jumped on the juicing bandwagon in a bid to slim down for his Australian tour.

The singer once admitted, “When I'm not on tour, I'm at home eating crisps and cake.”

● We are loving Ashley James' snazzy gym gear. She wrote on Instagram, “No

time for games... Workout complete! (spin is the devil but I like him).” ● Kate Hudson is our new health motivation. The actress captioned this snap on Instagram, “That really stressful moment in the AM when you have to make a choice... #GreenJuiceWon #Willpower #BalanceItOut”



£7

FREE PACK*

WHEN YOU DOWNLOAD THE FREE APP



DOWNLOAD
OK! FUN BINGO

***1,000 COINS & 50 VOLTS**



In-app purchases available

Half-term getaways

Spectacular views and plenty to do – these mini-breaks are among the best Britain has to offer for both kids and grown-ups

Spectacular views and plenty to do – these mini-breaks are among the best Britain has to offer for both kids and grown-ups

The Antrim Coast

Frequently voted one of the five best road journeys in the world, the Antrim Coastal Road in Northern Ireland can be done in an afternoon, a day... or a week. It's up to you. Running from Belfast to Derry, the 200-mile trip takes in the Giant's Causeway, Carrick-a-Rede rope bridge, the Glens of Antrim, Glenariff Forest Park, the sandy beaches of Ballycastle and Waterfoot, Dunluce Castle, Bushmills distillery, the thriving seaside towns of Portrush and Portstewart, plus beautiful

villages such as Cushendall and Cushendun. It's also got a world-class golf course. And this is *Game Of Thrones* country – the hit show is filmed here (there's even a GoT tour), so the scenery is breathtaking wherever you look, even in the rain! Perfect for a family holiday or a romantic break.

Where to stay The Ballygally Castle Hotel (hastingshotels.com/ballygally-castle/) is a 17th century castle perched on the shores of the Irish Sea overlooking Ballygally Bay. It's close to the glens and perfect for golf and fishing enthusiasts. Bed and breakfast starts at £65pp per night. Further north, The Marine Hotel Ballycastle (marinehotelballycastle.com) is close to the Causeway and the ferry to nearby Rathlin Island.

The hotel can also organise golf, walking, diving and bird watching. Standard family rooms start from £75 a night.

Cardigan Bay

Natural beauty abounds in this celebrated corner of Wales and there's plenty to do as well – walking, cycling, fishing, kayaking or just exploring miles and miles of

sandy beaches. You can even take a trip out to the islands and watch the dolphins, porpoises and seals frolic. Inland, nearby Teifi Valley is a wildlife haven and an angler's paradise – it's the best sea trout river in Europe – while kids and adults are sure to enjoy the nearby Welsh Wildlife Centre, Castell Henllys Iron Age Fort and the New Quay Honey Farm. Cardigan itself has a variety of independent shops, cafés and artisan workshops, and don't miss out on a trip to the 150-year-old Cardigan Guildhall Market. The Ferry Inn, which overlooks the River Teifi, is a perfect spot for lunch or dinner. Just kick back with a drink and take in those stunning views.

Where to stay Quality Cottages (qualitycottages.co.uk/cardigan-bay/cardigan-bay-holidays) offers a wide range of self-catering cottages and all are within a half-hour drive of the Cambrian mountains. Weekly lets for cottages accommodating four people start from £345. Alternatively, if you're after a shorter stay, the Ty-Parc Guest House (ty-parc.com) is a highly

–Wander the beaches–
–in Cardigan Bay–



recommended B&B in Cardigan. Rooms are £50-75 per night.

St Austell

Situated on the south coast of Cornwall, the market town of St Austell has something for everyone. No trip would be complete without a visit to the Eden Project nearby, but the area is also great for fishing (trout, salmon, even shark), cycling and walking. There are also hundreds of inlets and coves to explore. Take a stroll around The Lost Gardens of Heligan, discover the treasures of Caerhays Castle and its 140 acres of gardens, tour the St Austell Brewery and step back into history at the Wheal Martyn China Clay Museum and Country Park. Alternatively, wander around Charlestown harbour, home to some beautiful old sailing ships. It's been used as a location for shows such as *Poldark*.

The Ballgally Castle Hotel is right on the spectacular coast





—The stunning view from—
Stirling Castle—

—Stay at the impressive—
Hotel Colessio—



—Go back in time—
in Charlestown—

Where to stay The Cornwall Hotel Spa and Estate is (thecornwall.com) is one of Cornwall's most luxurious hotels and sits in 43 acres of parkland, just two miles from the coast. Facilities include a spa with infinity pool and gym, tennis courts and juice bar. Prices start from £100 per night. The Waterwheel Inn (thewaterwheel.co.uk) nestles in a wooded valley beside the White River and boasts landscaped gardens. Most of Cornwall is within an hour's drive. Prices start from £70 for a double room B&B.

Stirling

Visitors to Scotland usually flock to the bustling cities of Edinburgh or Glasgow but Stirling – less than an hour from both – is a better base from which to explore central Scotland. It's probably the most historically important city in the north, and the evidence is all around from the magnificent Stirling Castle to the gloriously imposing

Wallace Monument and the Bannockburn Heritage Centre. The city has a large student population so it's thronged with reasonably priced bars and eateries. For nature lovers, it's also close to the breathtaking Loch Lomond and the Trossachs National Park, where you can do everything from ziplining to canoeing – or take a tour in a sea plane. Another short drive will take you to The Kelpies, the largest horse sculptures in the world.

Where to stay Hotel Colessio (hotelcolessio.com) is one of Stirling's most luxurious hotels. Built in 1875 as a bank, and later converted to a hospital, it now has over 40 upmarket rooms and suites and is situated in the heart of the city. Prices start from £90 per night. If you'd prefer somewhere outside the city, the Rosslea Hall Hotel is a Victorian mansion situated close to Loch Lomond (rossleahallhotel.co.uk) and overlooking the River Clyde. Prices start from £98 per night. ■

Sean Lynn



SPA OF THE WEEK

Alexander House Hotel & Utopia Spa West Sussex

Who Goes? Peter Andre and Daniel Radcliffe have both checked in to Alexander House Hotel to kick back and relax.

Why is it so special? Set in 120 acres of lovely Sussex countryside, you're just 40 minutes outside of London. This luxury manor dates back to the 17th century, hosting a Grecian-inspired spa designed to relieve everyday stress and strains, including a hydrotherapy pool, monsoon showers, a gym, yoga classes, and tennis courts. The hotel also boasts a three AA Rosette restaurant. For a truly unique experience, try their new private outdoor hot tubs (£20 per 30 mins) or treat yourself to their newly opened cedar lodge suites.

What treatments are on offer? These range from a traditional

massage to a quick pedicure or facial for both men and women. Try the Total Harmony signature treatment (£90 for 55 mins), which uses hot stones to melt away tension. Or their CACI facial, the original celebrity non-surgical facelift, to reduce lines.

Are there any packages?

The Celebration Break package (from £225 per person) includes overnight accommodation, a bottle of Champagne and chocolate dipped strawberries on arrival, dinner, full English breakfast and use of the spa facilities including one treatment.

■ **Alexander House Hotel & Utopia Spa, Turners Hill, West Sussex RH10 4QD. Call 01342 714 914 or visit alexanderhotels.co.uk**



CELEB HANGOUT

The Piano Works

113-117 Farringdon Road, London EC1R 3BX

Who goes? Alexa Chung and Jake Gyllenhaal have partied in the area.

Vibe: This listed Victorian warehouse provides unique entertainment in the form of musicians belting out all the classics – accompanied on a piano.

Scribble down any song your heart desires on a napkin and soon enough you'll hear it being performed on stage.

Best for: Apart from the fantastically talented artists performing, The Piano Works serves outstanding cocktails. Get the party started with an Almond & Hazelnut Sour (£9), which is a blend of almond and hazelnut liqueur, egg white and lemon. It will have you dancing all night!

Contact: 020 7278 1966; pianoworks.bar.



WORTH
£3,000

WIN A DREAM BEDROOM MAKEOVER

You could transform your room with the help of Hammonds Furniture

Dreaming of your perfect bedroom? We've teamed up with Hammonds Furniture to offer one lucky reader the chance to create your ideal room – worth up to £3,000!

Hammonds will work with the winner, helping to choose furniture that transforms your room, no matter what its size, boosting storage to make the most of every inch.

You'll also receive bedding from specialist Slumberdown's most indulgent range yet – the new Silky collection will make nights in your new bedroom feel even more luxurious.

For your nearest Hammonds store and to view the collection, visit hammonds-uk.com.

To find out more about Slumberdown's Silky range, which is available from Homebase, Argos and Matalan, check out slumberdown.co.uk. (Please note: you cannot enter the competition via these websites.)

To enter, call **0911 719 0826** (80ppm)* or text **STARBED** followed by your email address, name and address to **86660** (£2)**. Or to enter via post, send your details and telephone number on a postcard to **Bedroom Makeover Competition, PO BOX 12581, Sutton Coldfield B73 9BX**. One entry can be made per postcard.



Terms and conditions: Entrants must be 18 or over. The competition closes at midnight on 3 November 2015 and three working days later for postal entries. The winner will be selected at random from all valid entries. The Editor's decision is final. For full terms and conditions, see star-magazine.co.uk/posts/view/4489/terms-and-conditions, visit www.hammonds-uk.com/terms-conditions/competitions/bedroom-makeover and www.slumberdown.co.uk/terms/competitions/silky. By responding to promotions, offers and competitions you agree that Northern & Shell and Star Magazine may contact you by post, SMS and/or email with offers, goods or services that may be of interest to you. To stop receiving SMS messages please text 'NS NOINFO' to the originating number. Express Newspapers/Northern & Shell reserves the right to offer these promotions in its portfolio of titles. The prize is subject to availability. The images are for representational use only.

*Calls cost 80p per minute plus your telephone company's network access charge and last 2.5 minutes. **Texts cost £2 plus your usual network rate. SP: Spoke. Helpline: 0333 202 3390

CROSSWORD

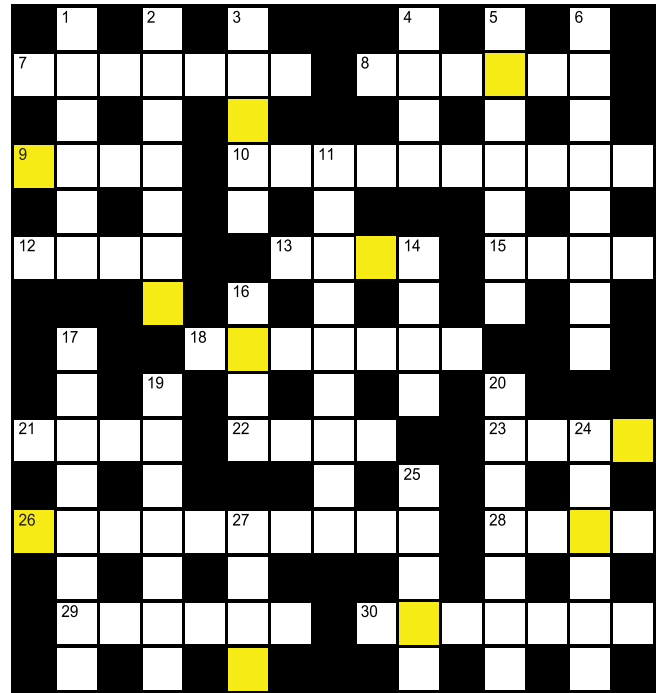
Match up the yellow squares to reveal the name of a mystery British film star...

ACROSS

7. ___ Lohan, US actress and star of films including *Mean Girls* (7)
8. Oscar-winning Spanish actor who is married to Penélope Cruz, ___ Bardem (6)
9. ___ Halliwell, British songstress who was one of the Spice Girls (4)
10. Model and TV host who appeared on *The Great Comic Relief Bake Off* in 2015 (5,5)
12. British fashion model, Agyness ___ (4)
13. ___ Fisher, Australian actress whose films include *Life Of Crime* (4)
15. US actress and star of films including *Beautiful Creatures*, ___ Rossum (4)
18. Ralph ___, British actor whose films include *The Grand Budapest Hotel* (7)
21. US actress and star of films including *Charlie Countryman*, ___ Rachel Wood (4)
22. Jade ___, British singer who was one of the Sugababes (4)
23. Song that was a 2010 hit for Rihanna, *What's My ___* (4)
26. Cara ___, British model and star of films including *Paper Towns* (10)
28. Welsh actor whose films include *The Secret Of Moonacre*, ___ Gruffudd (4)
29. ___ Sykes, British singer who is a member of The Wanted (6)
30. Late fashion designer, Alexander ___ (7)

DOWN

1. ___ Bündchen, Brazilian fashion model (6)
2. Another Brazilian fashion model, ___ Lima (7)
3. Donna ___, American fashion designer and creator of the DKNY label (5)
4. British royal who is the daughter of Princess Anne, ___ Phillips (4)
5. ___ Bublé, Canadian singer whose hits include *Haven't Met You Yet* (7)
6. Brad Pitt and Angelina Jolie romantic comedy, ___ Smith (2,3,3)
11. Jesse ___, US actor whose films include *American Ultra* (9)
14. Welsh TV presenter who co-hosts *The One Show*, ___ Jones (4)
16. ___ Myers, Canadian actor and star of films including *The Love Guru* (4)
17. British fashion designer, ___ Westwood (8)
19. ___ Bening, US actress whose films include *Danny Collins* (7)
20. Spanish singer whose chart hits include *I'm A Freak*, ___ Iglesias (7)
24. Deborah ___, *Dragons' Den* dragon who has also appeared on *Strictly Come Dancing* (6)
25. Oscar-winning British actress, Dame Judi ___ (5)
27. Fashion model who is the wife of singer David Bowie (4)



LAST WEEK'S SOLUTION: ACROSS 7. BIRNEY; 8. HELENA; 9. HART; 10. ETHAN; 11. HAWKE; 12. ADA; 13. BRAD; 15. LOWE; 18. LATFAH; 21. ENMA; 22. ALICE; 23. HPS; 26. VALDERAMA; 28. RIA; 29. SIN; 30. JANUARY. DOWN 1. ARANA; 2. STATHAM; 3. HELEN; 4. REIN; 5. REBELE; 6. MARK; 7. OWEN; 11. HERZOG; 14. DUC; 16. KARA; 17. KYM; 19. MARSH; 20. HEROK; 21. PETERS; 25. SARAH; 27. RYAN. MYSTERY RAPPER: TIGY AZALEA.



Fill in the answers to find the mystery British film star using the letters in the yellow squares. Then email your answer, name and phone number to starmagazine@express.co.uk with Puzzles 606 in the subject line by Monday, 19 October.

We've teamed up with hair electronic brand Glamoriser to offer one lucky reader the chance to win this curl wand worth £49.99. This essential beauty product will give you that curly ultra-glam look. Perfect for a night out with the girls.

STAR PRIZE!



STARSCOPES

YOUR ESSENTIAL HOROSCOPE FROM 10-16 OCTOBER

CAPRICORN

22 DEC - 20 JAN

At work, new trends come into force. Whether you travel, pick up a new interest or go on a skills-training course, the contacts you make this week could have surprising spin-offs.

**CALL 0907 181 2958 (10) FOR YOUR WEEKLY FORECAST.

AQUARIUS

21 JAN - 19 FEB

Confused? Matters become crystal clear early this week. Your finances are improving – but don't go against your better judgement. A chance to travel could arise unexpectedly.

**CALL 0907 181 2958 (11) FOR YOUR WEEKLY FORECAST.

PISCES

20 FEB - 20 MAR

Get involved in group collaboration – teamwork is especially stimulating now. Money is in the spotlight and you need to work on long-term finances. Romance? Things are looking up!

**CALL 0907 181 2958 (12) FOR YOUR WEEKLY FORECAST.

ARIES

21 MAR - 20 APR

Your confidence is high and you have plenty of energy to make good progress at work. But if you're reticent about someone, be assured that by Tuesday the situation improves.

**CALL 0907 181 2958 (01) FOR YOUR WEEKLY FORECAST.

TAURUS

21 APR - 21 MAY

Finish off as much as you can this weekend and start the week with a clean slate. Tuesday's resolve to take your fitness in hand will bring quick results. Romantically, you're on a high.

**CALL 0907 181 2958 (02) FOR YOUR WEEKLY FORECAST.

GEMINI

22 MAY - 22 JUN

It's time for a fresh start and you can afford to be daring. This week gives you chance to work on your home, get a hobby or develop a love interest. Socially, you're in your element.

**CALL 0907 181 2958 (03) FOR YOUR WEEKLY FORECAST.

CANCER

23 JUN - 23 JUL

Though your schedule is heavy, you're in control of things. The spotlight shines on relationships and Sunday's heart-to-heart brings you closer. Home? A new chapter begins on Tuesday.

**CALL 0907 181 2958 (04) FOR YOUR WEEKLY FORECAST.

LEO

24 JUL - 23 AUG

Finance is well-starred, but communications are mixed. Don't take things on trust on Monday – get ready to sort fact from fiction. New equipment? It's worth every penny!

**CALL 0907 181 2958 (05) FOR YOUR WEEKLY FORECAST.

VIRGO

24 AUG - 23 SEP

Apart from two hotspots – Sunday puts you at loggerheads with people at home and Monday could see you ripped off – the trends point to a pleasing week with the accent on romance.

**CALL 0907 181 2958 (06) FOR YOUR WEEKLY FORECAST.

LIBRA

24 SEP - 23 OCT

With so much positive star energy focusing on you, happy surprises are in store. But tread lightly around partners on Monday. Friday's turnaround brings a huge improvement.

**CALL 0907 181 2958 (07) FOR YOUR WEEKLY FORECAST.

SCORPIO

24 OCT - 22 NOV

Socially, you're trying to fit in too much and rushing around is generating tension. Slow down. Work quietly and do just enough to tick over. By Thursday, you'll be feeling refreshed.

**CALL 0907 181 2958 (08) FOR YOUR WEEKLY FORECAST.

SAGITTARIUS

23 NOV - 21 DEC

It's no wonder you're giving work and money high priority, given that everything seems to be going so well in relation to your job. It may be hard graft, but you're definitely winning.

**CALL 0907 181 2958 (09) FOR YOUR WEEKLY FORECAST.

**FOR LORI'S STARLINE SELECT YOUR ZODIAC NUMBER (IN BRACKETS UNDER EACH STAR SIGN). CALLS COST 80P PER MINUTE PLUS YOUR TELEPHONE COMPANY'S NETWORK ACCESS CHARGE. THIS SERVICE IS FOR ENTERTAINMENT ONLY AND IS REGULATED BY PHONEPAYPLUS. YOU MUST BE OVER 18 AND HAVE THE BILL PAYER'S PERMISSION. SERVICE PROVIDER: SPOKE. HELPLINE: 0333 202 3390 (9AM-5.30PM).

SAVE OVER £15

when you book a 30-minute reading!

WILL YOU FIND LOVE THIS SUMMER?

Call Lori's Live lines today!
Call FREE and speak to our friendly advisers to book a reading 0800 063 1502

Live Psychics
0906 150 5897*

Call now for a personal psychic reading

Live Tarot Line
0906 150 5856*

Our tarot readers will use the cards to reveal your future

Text a psychic Text STAR plus your question to 88004** (2 x £1.50 per msg)

*CALLS COST £1.50 PER MIN PLUS YOUR TELEPHONE COMPANY'S NETWORK ACCESS CHARGE. MAX CALL DURATION 19 MINS. **EACH TEXT MESSAGE RECEIVED COSTS £1.50. YOU WILL RECEIVE TWO RESPONSE MESSAGES PER QUESTION. TOTAL COST £3. STANDARD OPERATOR RATES APPLY FOR ALL MESSAGES YOU SEND. WHEN YOU TEXT A PSYCHIC, YOU WILL RECEIVE FREE MARKETING MESSAGES FROM STAR MAGAZINE. TO OPT OUT, TEXT NOINFO TO 88004. CALLS ARE RECORDED FOR YOUR PROTECTION. YOU MUST BE 18 OR OVER. LINES ARE OPEN FROM 8AM-1AM EVERY DAY. CALLS MADE OUTSIDE OF THESE HOURS WILL BE CHARGED. BOOKING LINE OPEN 9AM-5.30PM, MON-FRI, AVAILABLE IN UK ONLY. CUSTOMER SERVICE: 0333 202 3392 (9AM - 5PM). THIS SERVICE IS FOR ENTERTAINMENT ONLY AND REGULATED BY PHONEPAYPLUS. SERVICE PROVIDER: SPOKE.

Reviews

Your vital guide: what to listen to, read and watch



FILM **Suffragette** (12A)

Stars: Carey Mulligan, Meryl Streep, Helena Bonham Carter, Anne-Marie Duff

This heartbreaking drama about Britain's women's rights movement slaps you in the face from the get-go. Despite the appearance of Streep, sprinkling some stardust as suffragette leader Emmeline Pankhurst, this is not a sugar-coated Hollywood version of events.

There are violent and traumatic scenes as the downtrodden women battle to win the vote (spoiler alert: they get it). Yet it's a thrilling ride and you'll be on your feet cheering come the closing credits.

The film plods in parts, but the prime reason to see it is Mulligan, who is fantastic as Maud, a young mum being slowly worked to death in an East End laundry where the boss is a sex offender. She's reluctant to join the movement, but faced with brutal inequality and persuaded by local activist Edith (Bonham Carter), she gets stuck in.

Brendan Gleeson's scheming policeman and the lovely Ben Whishaw as Maud's dutiful hubby complete the quality cast.

Verdict: Gets our vote. ★★★★★

ALBUM **Jamie Lawson**



Ed Sheeran has unveiled the first signing to his new record label – a British, male, folk-pop singer with a ginger beard. Yes, he's basically signed himself! (If Prince Harry has any skills on the ukulele, he's in next.) Jamie's opened for both his new boss and 1D, so he knows about crowd-pleasers and there are a few here. *Wasn't Expecting That* is a highlight, as are *Let Love Hold You Now* and the thumping *Ahead Of Myself*. It's beautiful stuff, but when the energy rises, it doesn't rise for long. A low-key but impressive debut for the Vice-Sheeran. ★★★

SINGLE **Lights Up We Go**

She's been away raising her first child, but the loveable electro-pop star is back making music. Well, when you've changed your name to Lights by deed poll, you can hardly go and work at the tax office. This unbelievably catchy single is one of the highlights of her *Little Machines* album. The lyrics hint at battling through life's toughest times, but the vibe is so relentlessly cheerful, it's hard to hear this as anything but an infectiously uplifting pop song. This could be the start of a UK breakthrough for the cute Canadian. Up she goes. ★★★★★



ALBUM

Alesha Dixon **Do It For Love**

After 15 years in the music business, Alesha is taking control. The *BGT* judge has called every single shot on this Mis-Teeq-esque fourth album. She even founded her own label to release it. And it sounds like the freedom suits her, with anthemic songs like *On Top Of The World*, the decent title track and upbeat garage-style single *The Way We Are*. Its fresh feel allied with Alesha's inevitable turn on *X Factor* should see this do well. ★★★

FILM **Sicario** (15)

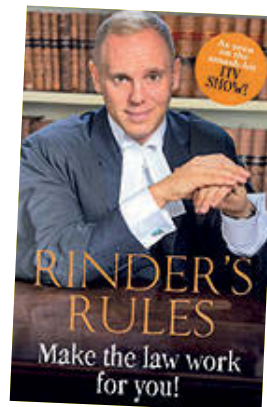
Stars: Emily Blunt, Benicio Del Toro, Josh Brolin

Blunt is on blistering form as an ice cool FBI agent who masterminds a mission that involves entering someone's house in a tank. Her bosses are impressed and she's swiftly handed a terrifying new job in a team waging war on Mexico's fearsome drug cartels alongside a pair of loose cannons – Brolin's Matt and Del Toro's Alejandro. Losing her cool big time, she yells, "I'm not a soldier!" as they pit drug kingpins against another. Much shooting ensues. **Verdict:** Exciting, but not a nail-biter. ★★★



BOOK **Robert Rinder's Rules**

If we had our way, Judge Rinder would be on the *X Factor* panel. He may not know about music – hey, he's not actually a judge, either – but his hilariously camp, caustic put-downs are easily in Simon Cowell's league. Now ITV's king of daytime has written a book about getting the law to work in your favour. It comes with the bitchy warning "not for morons" and covers topics such as how to tackle a cowboy builder, get money back off your mates, scare your phone company and so on. Useful stuff, basically. ★★★



WORDS: JAMIE DOWNHAM

'I'd only do CBB if I was skint!'

Comedian Rob Beckett on marriage, mishaps and reality TV mistakes

Talking to stand-up star Rob Beckett is like chatting to your best mate over a pint. He loves nothing more than a natter and seems genuinely surprised by his success.

The 28-year-old has guest-starred in hit comedy *Fresh Meat* and co-hosted *I'm A Celebrity... Get Me Out Of Here Now!*

However, he says he would never go on *Celebrity Big Brother* – unless he had a huge tax bill or needed to pay his way out of jail!

Star catches up with the London lad as he talks about getting married, selling out the Edinburgh Fringe and embarking on a 50-date stand-up tour...

Hi Rob! So it's the question all comics should be asked...

Are you actually funny?

I think I'm funny and I've got a mortgage on it, so the bank thinks so too... They don't give out money willy-nilly any more, do they? I'm funny enough to put food on the table and that will do for me.

Were you the class clown at school?

In my school the only way you could get any attention was to be good at fighting, football or really good-looking. I wasn't any of those. I just kept my head down.

Have you ever had a cringe moment when you've told a joke and nobody's laughed?

There was a time in a restaurant in east London when I first started. Everyone had their back to me, eating dinner – no one's as funny as a bit of dinner. When you first start it kills you, you feel mortified.

Are you doing *Get Me Out Of Here Now!* this year?

No. I've done it for three years and I thought it was time I did a tour instead.

Is there anyone you'd love to see in the jungle?

Kanye West and Oprah Winfrey! Not likely, I know...

Would you ever go on *Celebrity Big Brother*?

If I was very skint, but I would have to really need the money – prison bail money or tax man money.

You recently got hitched.

How's married life?

It was last October and, yes, we're still together! We have been together for about five or six years – I'm not very good at keeping count. We had been going out for about four years before I asked her. She didn't nag me at all...



Stand-up Rob is hitting the road



star
EXCLUSIVE!



He wants Kanye on *I'm A Celeb...*

Tell us about your Mouth Of The South tour...

I'm doing 50 dates all around the country. I sold out my show at the Edinburgh Festival Fringe, so I'm taking it on tour. It's me being funny for an hour and a half. I can promise that you'll laugh and that you'll leave the show happier than you were when you got there!

And you're doing Brighton Comedy Festival...

Am I? I know I'm going there... Am I not selling well for that one? I need to check my diary! ■

Emily Hall

Rob is at Brighton Comedy Festival on 23 October. Visit brightoncomedyfestival.com for tickets and info

'I'd love to trick Nick Grimshaw!'

Magician Ben Hanlin reckons the new X Factor judge is owed some karma...

Hi Ben! Who do you target on the new series of *Tricked*?

Bobby Cole Norris from *TOWIE*. I made him think he'd accidentally killed me on Brighton Pier. He completely lost it and there were a few swear words!

Who had the best reaction?

Gemma Collins. We tricked her into thinking she was about to get eaten by a bear. I've been doing this a few years and



Ben tormented Gemma Collins

I thought I'd seen every type of reaction, but Gemma's was in a different league.

Was she angry?

She started reacting badly and I thought we'd gone too far, but by the end she saw the funny side of it. She took a little bit of charming!

Has anyone ever tried to trick you?

Joey Essex tried to get

me back by jumping in my car one day – but he accidentally opened the door into a bollard. I'm not sure what was meant to happen...

Which celebrity would you most love to trick?

Nick Grimshaw. He's chilled, so it would be good to see how he deals with a stressful scenario. I think he's due a bit of karma. ■

***Tricked* starts on 6 October at 9pm on ITV2**

SATURDAY 10 OCTO

BBC1

6.00 Breakfast **10.00** Saturday Kitchen Live. James Martin is joined by chefs Jose Pizarro and Shivi Ramoutar. **11.30** Football Focus. A look at the concluding matches in the Euro 2016 qualifying group stage. **12.00** BBC News, Weather **12.10** Live Formula 1: Russian Grand Prix – Qualifying. Suzi Perry introduces coverage from Sochi Autodrom (Start-time 1.00pm). **2.25** Bargain Hunt. An antiques fair at Derby University. (R) **3.25** The Great British Bake Off Class of 2014 (R) **4.25** Escape to the Country. Aled Jones helps a couple find a property in Lincolnshire. (R) **5.10** BBC News **5.20** Local News, Weather **5.30–6.20** Pointless Celebrities. An edition featuring eight authors.

PICK 6.20 Strictly Come Dancing Strictly is nothing if not glamorous, but there are a few extra sparkles this week as the contestants take their inspiration from the silver screen in a movie-themed show, with Len Goodman, Bruno Tonioli, Craig Revel Horwood and Darcey Bussell deciding who is a blockbuster and who is a box-office flop. As ever, Tess Daly introduces the twinkle-toed stars, along with Claudia Winkleman. See *Ones To Watch*.

8.25 Doctor Who On a remote army outpost, the fearsome alien warlord known as The Fisher King plots to ensure his own survival, but his actions have a wider impact.

9.10 Casualty Cal finds himself back on an even keel, but it remains to be seen whether things will improve for him from here.

10.00 The National Lottery
10.10 BBC News, Weather

10.30 Mrs Brown's Boys Mark delivers some heartbreaking news. (R)

FILM 11.00 Pirates of the Caribbean: On Stranger Tides (2011) Captain Jack Sparrow sets sail in search of the legendary fountain of youth. His mission puts him up the most feared pirate of them all, the dreaded Blackbeard. Fantasy adventure sequel, with Johnny Depp. Followed by National Lottery Update.

1.10–6.00 BBC News. Catch up with all the latest headlines.

REGIONAL VARIATIONS:

6.30 Surprise Surprise **7.30** Foyle's War **9.30** **FILM:** The Great Raid (2005) **8.02 N IRELAND** 5.00 Final Score from Northern Ireland **5.15** Sporting Traditions **5.30** Mary Berry's Absolute Favourites **7.00** Real Lives Reunited **8.02 SCOTLAND** **4.00** Patagonia: Earth's Secret Paradise **7.30** World's Weirdest Events **9.00** The Face of Britain by Simon Schama **10.00** Ted Hughes: Stronger Than Death **11.30** QI **12.00** Cradle to Grave **RTÉ 1** **8.55** Home Improvement **9.25** 'Allo! 'Allo! **10.05** Robin Hood **11.00** Nationwide **11.30** My Kitchen Rules **12.25** Father Brown **1.20** News **1.30** Dark Secrets of the Lusitania **3.25** Mayday **4.20** Natural World **5.20** Naught Rite **5.30** Only Fools and Horses **6.00** The Angelus **6.01** News **6.35** **FILM:** Kung Fu Panda (2008) **8.15** Winning Streak **9.15** News **9.45** The Ray D'Arcy Show **11.05** Clean Break **5.45** **6.00** Cwyr **8.00** Stwnsh Sadwrn **10.00** Ar y Dibyn **11.00** Taith Fawr y Dyn Bach **11.30** Doctor Doctor **12.00** Cefn Gwlad **12.30** Ffermio **1.00** T Llew Jones **2.00** Gerddi Cymru **2.30** Mamwlad gyda Ffion Hague **3.00** Cegin Bryn **3.30** 3 Lle **4.00** Cwpan Rygbi'r Byd **2015** **7.15** Newyddion a Chwaraeon **7.30** **FILM:** Tân ar y Comin (1993) **9.20** Dilyn Afon Cletwr: T Llew Jones **10.00** Lan a Lawr **10.30** Euro 2016: Bosnia-Herzegovina v Cymru **11.35** Jonathan: Cwpan Rygbi'r Byd 2015

BBC2

5.15 This Is BBC Two **6.25** Formula 1: Russian Grand Prix – Practice One Replay (R) **8.15** Formula 1: Russian Grand Prix – Practice Two Replay (R) **9.55** Live Formula 1: Russian Grand Prix – Practice Three **11.05** The Women's Football Show. A look at the biggest issues in the women's game. (R) **11.30** Great British Menu (R) **12.30** Great British Menu. The finalists prepare their seafood courses. (R) **1.30** Great British Menu. The finalists prepare their main courses. (R) **2.30** Formula 1 Rewind **3.30** Coast. The stories of some of the most dramatic coastlines in Europe. (R) **4.00** World's Weirdest Events. Documentary unlocking secrets behind unusual occurrences. (R) **5.00–6.00** Flog It! From Cirencester, Gloucestershire. (R)

6.00 The Hairy Bikers' Northern Exposure Si King and Dave Myers take DNA tests to find out if they have any Viking ancestry, before heading for Stockholm and taking a ferry to the island of Gotland. Last in the series. (R)

7.00 Gardeners' World Monty Don tackles seasonal jobs at Longmeadow. (R)

7.30 Patagonia: Earth's Secret Paradise Life in the seas that surround the South American wilderness. The 4,000-mile coast stretches from the cold waters of Cape Horn to the far north's much warmer climate. (R)

8.30 Dad's Army Captain Mainwaring enlists an unusual recruit to the platoon.

9.00 Ted Hughes: Stronger Than Death Documentary examining how the poet's life shaped his work, including an interview with his daughter Frieda, as well as testimony from family members, friends and fellow writers. The programme explores the passions and impulses behind Hughes' unique poetic voice.

10.30 QI With Sarah Millican, Jason Manford and Bill Bailey. (R)

11.00 Cradle to Grave Fred demonstrates his keen sense of hearing with money. (R)

11.30 Boy Meets Girl Pam learns the truth about Judy. Last in the series. (R)

12.00 **FILM:** Midnight in the Garden of Good and Evil (1997) Fact-based drama, starring John Cusack. **2.25** **FILM:** Lady Caroline Lamb (1972) Romantic historical drama, starring Sarah Miles and Richard Chamberlain. **4.25–6.00** This Is BBC Two. Upcoming programmes.

STV 10.19 STV Children's Appeal 2015 **6.55** STV News **12.50** After Midnight **UTV IRELAND** **7.30** Sesame Street **8.30** Guess This House **9.30** May the Best House Win **10.30** Countrywise **11.00** Friday Night Sport **11.30** Who's Doing the Dishes? **12.30** Dickinson's Real Deal **1.30** Emmerdale **4.55** The Pulse **5.00** River Monsters **5.30** Eternal Glory **6.00** The Great Raid (2005) **8.02 N IRELAND** 5.00 Final Score from Northern Ireland **5.15** Sporting Traditions **5.30** Mary Berry's Absolute Favourites **7.00** Real Lives Reunited **8.02 SCOTLAND** **4.00** Patagonia: Earth's Secret Paradise **7.30** World's Weirdest Events **9.00** The Face of Britain by Simon Schama **10.00** Ted Hughes: Stronger Than Death **11.30** QI **12.00** Cradle to Grave **RTÉ 1** **8.55** Home Improvement **9.25** 'Allo! 'Allo! **10.05** Robin Hood **11.00** Nationwide **11.30** My Kitchen Rules **12.25** Father Brown **1.20** News **1.30** Dark Secrets of the Lusitania **3.25** Mayday **4.20** Natural World **5.20** Naught Rite **5.30** Only Fools and Horses **6.00** The Angelus **6.01** News **6.35** **FILM:** Kung Fu Panda (2008) **8.15** Winning Streak **9.15** News **9.45** The Ray D'Arcy Show **11.05** Clean Break **5.45** **6.00** Cwyr **8.00** Stwnsh Sadwrn **10.00** Ar y Dibyn **11.00** Taith Fawr y Dyn Bach **11.30** Doctor Doctor **12.00** Cefn Gwlad **12.30** Ffermio **1.00** T Llew Jones **2.00** Gerddi Cymru **2.30** Mamwlad gyda Ffion Hague **3.00** Cegin Bryn **3.30** 3 Lle **4.00** Cwpan Rygbi'r Byd **2015** **7.15** Newyddion a Chwaraeon **7.30** **FILM:** Tân ar y Comin (1993) **9.20** Dilyn Afon Cletwr: T Llew Jones **10.00** Lan a Lawr **10.30** Euro 2016: Bosnia-Herzegovina v Cymru **11.35** Jonathan: Cwpan Rygbi'r Byd 2015

ITV

6.00 CITV **9.25** The Jeremy Kyle Show USA. Talk show. (R) **10.20** Countrywise (R) **10.45** ITV News, Weather **10.55** The X Factor. The first round of the Six Chair Challenge arrives. (R) **12.55** Downton Abbey. Mr Carson and Mrs Hughes' wedding arrives, bringing with it a few unexpected guests. Meanwhile, as tensions mount over the hospital takeover, Isobel offends a friend. (R) **2.00** Rugby World Cup. Scotland v Samoa (Kick-off 2.30pm). Coverage of the concluding Pool B match for both teams, which takes place at St James' Park in Newcastle. **4.30–6.55** Rugby World Cup. Australia v Wales (Kick-off 4.45pm). Coverage of the concluding Pool A match for both teams, which takes place at Twickenham.

6.55 Local News, Weather

7.00 ITV News, Weather

7.15 Rugby World Cup England v Uruguay (Kick-off 8.00pm). There has only been one previous meeting between these nations prior to this clash, which took place at the 2003 World Cup in Australia. That fixture was an incredibly one-sided affair, as England recorded an emphatic 111-13 triumph in what was also their concluding pool-stage match of that tournament. Anything other than an English win tonight will be seen as a huge surprise, and Stuart Lancaster will be hoping his side can give a good account of themselves and rack up a few points to give the fans something to cheer about. With analysis from Jonny Wilkinson, Sir Clive Woodward and Lawrence Dallaglio.

10.15 Through the Keyhole Dave Berry, Michael Buerk and Ashley Roberts try to guess which mystery celebrities have invited Keith Lemon to poke through their personal belongings. Last in the series.

11.15 ITV News, Weather

11.35 Rugby World Cup Highlights Action from Scotland v Samoa, Australia v Wales and England v Uruguay, which took place at St James' Park, Twickenham and Manchester City Stadium respectively.

12.50 Jackpot247 **3.00** Show Me the Telly (R) **3.50–6.00** ITV Nightscreen

Channel 4

6.10 How I Met Your Mother (R) **6.35** How I Met Your Mother (R) **7.00** The Grid **7.30** FIM Superbike World Championship **8.00** The Morning Line **9.00** Frasier (R) **9.30** Frasier (R) **10.00** The Big Bang Theory. New series. **10.25** The Big Bang Theory **10.55** Come Dine with Me. Andrew Carruthers hosts the first dinner party from Cumbria. (R) **11.25** Come Dine with Me (R) **11.55** Come Dine with Me (R) **12.25** Come Dine with Me (R) **1.00** Come Dine with Me (R) **1.30** Channel 4 Racing. Coverage from Newmarket and York. **4.10** Channel 4 News **4.35** Couples Come Dine with Me. Three couples from Greater Manchester compete to win the £1,000 prize. (R) **5.20–6.05** Couples Come Dine with Me. From Maidstone, Kent. (R)

6.05 Location, Location, Location Kirstie Allsopp and Phil Spencer help prospective buyers in Cardiff, including Jo and Steve, who are relocating from Bristol to cut down on Jo's commute to work. (R)

7.00 Celebrity Benchmark Vic Reeves and Jimmy Carr battle it out for the contestant's chair as Paddy McGuinness hosts another star-studded round of the gameshow where the guests battle it out to win £50,000.

8.00 Britain's Best Loved Sitcoms Part two of two. Tamsin Greig continues this countdown of the shows that have made millions laugh. From recent series like The Office to older classics such as Fawlty Towers.

9.00 At Home with Steph and Dom Chat show with the much-loved couple from Gogglebox. Viewers get to see the couple entertain the likes of Jerry Springer, Jason Donovan, Louis Walsh and Phil Tufnell.

FILM 10.05 Tower Heist (2011) The manager of an apartment complex asks a Wall Street financier to manage pension funds for him and his friends, but the man pockets all the money instead. When he realises the fraudster is going to get away with the crime and the money will never be found, he enlists the help of a professional thief to steal it back. Crime comedy, with Ben Stiller, Eddie Murphy, Alan Alda, Tea Leoni, Casey Affleck and Matthew Broderick.

12.10 Sex Diaries: Gigolos (R) **1.10** Josh Widdicombe (R) **2.05** Alan Carr: Chatty Man: SU2C Special (R) **3.00** Hollyoaks (R) **5.05** Kirstie's Vintage Gems (R) **5.20** Hugh's 3 Good Things: Best Bites (R) **5.25–6.20** Location, Location, Location

Channel 5

6.00 Milkshake! **10.00** SpongeBob SquarePants **10.35** Cowboy Builders. The team help an 80-year-old tap-dancing granny. (R) **11.30** Cowboy Builders (R) **12.30** Cowboy Builders (R) **1.30** **FILM:** Columbo: Grand Deceptions (1989) Crime drama, starring Peter Falk and Robert Foxworth. Edited for language and violence. **3.25** **FILM:** Columbo: Ashes to Ashes (1998) The sleuth questions a smooth-talking funeral director about the murder of a Hollywood gossip writer. Detective drama, directed by and starring Patrick McGeehan, with Peter Falk. **5.15–6.10** The Nightmare Neighbour Next Door. A dispute over a new driveway that ended with two pensioners fighting in the street. (R)

6.10 Can't Pay? We'll Take It Away Kevin Stokes and Brian O'Shaughnessy get into a doorstep confrontation with a debtor who wants to prove her family business is bankrupt. (R)

7.05 Funniest Fails, Falls & Flops Comedy clip show featuring pranks gone wrong.

7.35 Funniest Fails, Falls & Flops Clips include a man filling up his pick-up truck with water

8.00 Now That's Funny! Amusing Internet-sourced videos, including pleasure seekers getting more than they bargained for at a theme park.

8.55 5 News Weekend

9.00 Football League Tonight George Riley presents extended highlights of the weekend's top matches from League One and League Two, including Sheffield United v Rochdale. **Followed by The Health Lottery draw.**

10.00 Most Shocking Talent Show Moments Countdown of 50 of the most memorable moments from TV talent shows, including Rylan's outrageous antics on The X Factor in 2012 and life-changing first appearances on Britain's Got Talent by Susan Boyle and Paul Potts. Featuring contributions by Anton Du Beke, Craig Revel Horwood, Ann Widdecombe, Matthew Kelly, Pete Waterman, Nicki Chapman and Eddie 'The Eagle' Edwards. (R)

12.50 The Gadget Show (R) **1.40** SuperCasino **3.10** The Yorkshire Vet (R) **4.00** Body Donors (R) **4.50** Make It Big (R) **5.40** Angels of Jarm (R)

BER

ONES TO WATCH...



OVER ON DIGITAL

5★ 6.00 Teleshopping 9.00 Access 9.10 Scrubs 11.00 Scrubs 12.50 Scrubs 1.20 Scrubs 1.50 Scrubs 2.10 Top 20 Funniest 3.05 **FILM:** Madeline (1998) Children's comedy. 4.55 **FILM:** Daddy Day Camp (2007) Comedy sequel. 6.50 **FILM:** The League of Extraordinary Gentlemen (2003) Comic-book fantasy adventure. 9.00 **FILM:** Resident Evil: Retribution (2012) Sci-fi thriller sequel. 10.50 **FILM:** Wrong Turn (2003) Horror. 12.35 Botched Up Bodies

SUSA 6.00 Teleshopping 12.00 **FILM:** Badlands of Dakota (1941) Western. 1.30 **FILM:** Seven Thunders (1957) World War Two drama, starring Stephen Boyd. 3.40 **FILM:** Superman (1978) Comic-strip adventure. 6.30 **FILM:** Columbo: Murder by the Book (1971) Detective drama, with Peter Falk. 8.00 NCIS 9.00 Law & Order: Special Victims Unit 10.00 Law & Order: Special Victims Unit 11.00 Law & Order: Special Victims Unit 11.55 CSI: Miami

ITV2 6.00 Totally Bonkers Guinness World Records 6.25 Emmerdale 9.05 Coronation Street 11.00 The Cube 12.05 Tricked 1.05 The Hot Desk: Alesha Dixon 1.20 The X Factor 3.20 The Xtra Factor 4.20 Catchphrase 5.20 **FILM:** Beethoven (1992) 7.05 **FILM:** She's the Man (2006) Romantic comedy. 9.10 **FILM:** American Pie: The Wedding (2003) Comedy sequel, starring Jason Biggs. 11.15 Celebrity Juice 12.05 The Almost Impossible Gameshow

SKY1 6.00 Are You Smarter Than a 10 Year Old? 7.00 Glee 8.00 Game Changers 8.30 Football Freestyler 9.00 The Fantasy Football Club 10.00 Soccer AM 12.00 The F1 Show 1.00 NCIS: Los Angeles 3.00 Futurama 4.00 Futurama: Welcome to the World of Tomorrow 4.30 Futurama 5.00 Modern Family 6.00 The Simpsons 8.00 Landscape Artist of the Year 9.00 Duck Quacks Don't Echo 10.00 You, Me and the Apocalypse 11.00 50 Ways to Kill Your Mammy 12.00 Britcam: Emergency on Our Streets

SKY ATLANTIC 6.00 The Guest Wing 7.00 Seinfeld 10.00 Star Trek: Enterprise 1.00 The Petrol Age 2.00 David Attenborough's Kingdom of Plants 3.00 Blue Bloods 4.00 Blue Bloods 5.00 Blue Bloods 6.00 Blue Bloods 7.00 Without a Trace 8.00 Without a Trace 9.00 Ballers 9.40 Ballers 10.15 Ballers 10.50 Ballers 11.25 Ballers 12.00 Ballers 12.35 Ballers 1.10 Ballers 1.45 Ballers 2.20 Ballers 2.55 Curb Your Enthusiasm 3.30 Curb Your Enthusiasm 4.05 Seinfeld

BBC THREE 7.00 Top Gear. With actor Michael Fassbender. 8.05 Don't Tell the Bride 9.05 Russell Howard's Good News 9.35 **FILM:** Tropic Thunder (2008) Comedy, starring Ben Stiller and Robert Downey Jr. 11.15 Family Guy 12.00 Family Guy 12.20 Family Guy 12.40 Family Guy 1.05 Family Guy 1.25 Together 1.55 Asian Provocateur 2.25 Russell Howard's Good News 2.55 Don't Tell the Bride 3.55 Great Movie Mistakes V: Revenge of the Fifth

SKY LIVING 6.00 My Kitchen Rules: Australia 8.35 My Kitchen Rules: Australia 12.30 Grey's Anatomy 1.30 Million Dollar Listing: Miami 2.30 CSI: Crime Scene Investigation 4.30 Nothing to Declare 5.00 Who'd Be a Billionaire 6.00 Million Dollar Listing: NYC 7.00 Criminal Minds 8.00 CSI: Crime Scene Investigation 9.00 Criminal Minds 10.00 Criminal Minds 11.00 Criminal Minds 12.00 Criminal Minds 1.00 CSI: Crime Scene Investigation 2.00 CSI: Crime Scene Investigation 3.00 Elementary

MTV 6.00 Cribs 6.20 Laguna Beach: The Real Orange County 9.00 Teen Mom 2 5.00 Your Top 20 OMG! EMA Moments 6.00 Catfish: The TV Show 7.00 Catfish: The TV Show 8.00 Snooki & JWovvv 9.00 Are You the One? Singles try to find their perfect match. 10.00 Ex on the Beach. Reality show following eight singletons in their search for love. 11.00 Ex on the Beach 12.00 Ex on the Beach 1.00 Ex on the Beach 2.00 Ex on the Beach 3.00 Teleshopping

FILM4 11.00 Mysterious Island (1961) Sci-fi adventure. 1.00 We Bought a Zoo (2011) Fact-based comedy drama. 3.35 Iron Man (2008) Superhero adventure. 6.05 The Karate Kid (2010) Martial arts drama, with Jaden Smith and Jackie Chan. 9.00 Taken 2 (2012) Action thriller sequel, starring Liam Neeson. 10.50 Crimson Peak - Exclusive Preview 10.55 Hellboy (2004) Comic-book action fantasy. 1.15 The Raid (2011) Action thriller.

CBS ACTION 6.00 Teleshopping 8.30 The Key of David 9.00 NCIS 2.00 The High Chaparral 4.00 Dr Quinn: Medicine Woman 6.00 Bonanza 8.00 SOF: Special Ops Force 9.00 CSI: Crime Scene Investigation 11.00 CSI: Crime Scene Investigation 12.00 CSI: Crime Scene Investigation 1.00 CSI: Crime Scene Investigation 2.00 **FILM:** Gunsmoke: The Long Ride (1993) Western, starring James Arness. 3.45 SOF: Special Ops Force 4.30 SOF: Special Ops Force

CBS REALITY 6.00 Teleshopping 9.00 Raising Sextuplets 10.00 Judge Judy 3.00 Dog and Beth: On the Hunt 4.00 Dog and Beth: On the Hunt 5.00 Beyond Belief: Fact or Fiction? 6.00 Beyond Belief: Fact or Fiction? 7.00 Unsolved Mysteries 8.00 Unsolved Mysteries 9.00 Crime Stories 10.00 Crime Stories 11.00 Crime Stories 12.00 World's Wildest Police Videos 1.00 Dog and Beth: On the Hunt 3.00 Cops 3.25 Cops 4.20 Heir Hunters 5.10 Cheaters

Strictly Come Dancing

6.20pm, BBC1

Kicking off our Saturday night in style is the fifth episode of the most glamorous reality show on the box. Already we are down to 14 couples, and they'll be glammed up to the nines in more sequins than a stadium full of glitterballs, while sporting tans deeper than the entire casts of *Geordie Shore*, *TOWIE* and *Made in Chelsea* put together. The celebs who, if we are being honest, aren't exactly A-list this year, along with their professional dance partners will be doing all they can to impress the judges Len Goodman, Darcey Bussell, Bruno Tonioli and Craig Revel Horwood. And

this time the theme is "Movie Week" as the crew will be performing routines inspired by classic films. Nobody wants to be the first or second to go, but it wouldn't be a competition if the dead wood wasn't cut out each week. So the two couples with the lowest combined judges' scores and viewer votes will do battle in the dreaded dance-off on Sunday night. The judges then have to decide who will survive and who'll be sent home. Tess Daly and Claudia Winkleman hold the whole thing together as they once again present all of the action. ★★★★★

PLAY MORE WIN MORE

Draws on Tuesday, Wednesday, Thursday, Friday and Saturday.



You Win. Good Causes Win. Everybody Wins

In-store • Mobile • Online

16+ **gamble responsibly** Players must be 16 or over. The Health Lottery™ logo is a registered trademark of The Health Lottery Ltd. The Health Lottery scheme manages 51 society lotteries that operate in rotation and each represents a different geographical region of Great Britain. For more details on which society lottery is running each week please visit www.healthlottery.co.uk or ask your Health Lottery retailer.

half price
new season
collection



dfs

SUNDAY 11 OCTOBER

BBC1

6.00 Breakfast **9.00** The Andrew Marr Show **10.00** Sunday Morning Live. With Sian Williams. **11.00** Live Formula 1: Russian Grand Prix. Suzi Perry introduces coverage from Sochi Autodrom (Start-time 12.00pm). **2.15** Sunday Politics. Presented by Andrew Neil. **3.20** The Great British Bake Off: The Final (R) **4.20** Escape to the Country. A couple search for a home in Somerset. (R) **4.50** Points of View **5.05** Lifestory. Michaela Strachan appeals on behalf of Breast Cancer Now. **5.15** Songs of Praise. Sally Magnusson meets fans at a Lord of the Rings festival, David Grant explores the home of William Blake, and Richard Taylor visits a church attended by Jane Austen. **5.50-6.10** BBC News

6.10 Local News, Weather

6.15 Countryfile
Matt Baker reports on the red deer rut in Lyme Park and Tom Heap investigates mental health issues in the farming community. Including Weather For The Week Ahead.

7.15 Strictly Come Dancing: The Results
Tess Daly and Claudia Winkleman host the results show. Plus, Andrea Bocelli provides the music.

8.00 Antiques Roadshow
Fiona Bruce and the team visit the Royal William Yard in Plymouth, where they cast their eyes over Lord Nelson's doorknobs and a necklace the length of a skipping rope.

9.00 From Darkness
Another body is discovered, which seems to have been left as a message for Claire. Norrie feels he and Claire are being dragged apart, as personal and professional issues collide.

10.00 BBC News, Weather

10.20 Local News, Weather

10.30 Sir Alex Ferguson: Secrets of Success
Nick Robinson interviews the retired Manchester United manager Sir Alex Ferguson, who shares his perspectives on motivation and leadership.

11.30 Rooney: The Man Behind the Goals
Gary Lineker presents a profile of England's all-time leading scorer, talking to the Manchester United striker and his family about his life. (R)

12.35-6.00 BBC News. Latest national and international headlines, including weather forecast and sport results.

REGIONAL VARIATIONS:

Lesser Spotted Journeys **4.25** The Pulse **4.30** FILM: Emma (1996) **7.00** FILM: Everest (1998) **8.00** Sharpe **9.30** Graham Norton Show **10.30** Benidorm **11.30** Vicious **12.00** Jeremy Kyle Show USA **BBC2** **11.00** Aistear na nGael **11.00** Sunday Politics **11.25** Family Guy **BBC3** **SCOTLAND** **3.30** Railway: Keeping Britain on Track **4.30** Landward **7.00** River City **11.05** Viva Variety **RTE** **8.20** Holby City **9.30** Casualty **10.30** Dúshlán 1881 – Living the Eviction **11.00** Service **12.00** Week in Politics **1.00** News **1.10** Joe Duffy's Spirit Level **2.05** Winning Streak **3.05** Taste of Success **3.40** Call the Midwife **4.45** Nuacht **RTE** **4.55** Call the Midwife **6.01** News **6.30** Reeling in the Years **7.00** Room to Improve **8.00** Fair City **8.30** At Your Service **9.00** News **9.25** Mrs Brown's Boys **10.00** Clean Break **11.05** Meaning of Life with Gay Byrne **11.35** Week in Politics **S4C** **6.00** Cwyl **8.50** Penblwydd Cwyl **8.55** Pen-Blwydd Pwy? **9.00** Darn Bach o Hanes **9.30** America Gaeth a'r Cymry **10.30** Dal Ati: Bore Da **11.30** Dal Ati: Dal Ati **12.30** Rownd a Rownd **1.30** O'r Galon: Teulu **2.00** Seicis: Paris i Tours **4.00** Gobeibwy: Jon Gower **5.00** Clwb **6.25** Rallio: Ffrainc **6.50** Newyddion **7.00** Dechrau Canu Dechrau Canmol **7.30** Gerddi Cymru **8.00** Codi Canu: Cwpan Rygbi'r Byd **9.00** Y Gwyll **10.00** Euro 2016 Qualifier **11.00** Creu Cymru Fodern **12.05** Diwedd

BBC2

6.00 Homes Under the Hammer (R) **6.45** The Instant Gardener (R) **7.30** Countryfile (R) **8.30** Gardeners' World (R) **9.00** The Beechgrove Garden **9.30** Saturday Kitchen Best Bites **11.00** Great British Menu. The eight regional finalists prepare their desserts. (R) **12.00** Great British Menu. The remaining chefs serve dishes for the ladies of the Women's Institute. Last in the series. (R) **1.05** FILM: How the West Was Won (1962) Epic Western, with James Stewart and John Wayne. **3.30** Flog It! Trade Secrets. Advice on musical instruments. (R) **4.00** The Railway: Keeping Britain on Track. Behind-the-scenes look at the UK's rail network. (R) **5.00-6.00** Rugby League: Super League Grand Final Highlights. Action from the match at Old Trafford.

6.00 Don't Panic – How to End Poverty in 15 Years
Professor Hans Rosling explores the target of eradicating worldwide poverty by looking at human stories, as well as examining data on global progress. (R)

7.00 Licence to Thrill – Paul Hollywood Meets Aston Martin
Paul Hollywood indulges his passion for Aston Martin cars, test-driving various models and making an attempt to join one of Aston's racing teams. (R)

8.00 Earth's Wildest Waters: The Big Fish New series.
Ben Fogle presents a challenge in which anglers test their skill in the world's most inhospitable areas. The contestants fish the freezing waters of Iceland.

9.00 Britain's Ultimate Pilots: Inside the RAF New series.
Documentary following the Red Arrows, the RAF's aerobatics display team through a display season, including a performance over Buckingham Palace.

10.00 Family Guy
Brian goes to obedience classes.

10.25 Family Guy
Meg is infatuated with a boy.

10.45 Family Guy
The Griffins decorate their tree.

11.05 Top Coppers
Mahogany meets one of his heroes when the star of a hit show receives death threats.

FILM **11.35** Chances Are (1989) A lawyer is killed on his wedding anniversary, and reincarnated with no recollection of his past. Romantic comedy, starring Cybill Shepherd.

1.20 Sign Zone: Countryfile (R) **2.20** Sign Zone: Holby City (R) **3.20** This Is BBC Two

ITV

6.00 CITV **9.25** Murder, She Wrote. Jessica attends an old friend's funeral. (R) **10.25** The Jeremy Kyle Show USA. The host takes his successful talk show stateside. (R) **11.20** ITV News, Weather **11.30** Rugby World Cup. Argentina v Namibia (Kick-off 12.00pm). Coverage of the Pool C clash from Leicester City Stadium, which is the first of four fixtures to take place today. **2.10** Rugby World Cup. Italy v Romania (Kick-off 2.30pm). Coverage of the second of today's four matches, which sees the Pool C teams face each other at Sandy Park in Exeter. **4.20-6.50** Rugby World Cup. France v Ireland (Kick-off 4.45pm). John Inverdale presents coverage of the concluding match in Pool D from Millennium Stadium in Cardiff.

6.50 Local News, Weather

6.55 ITV News, Weather

7.00 The X Factor
Olly Murs and Caroline Flack present the climax of the Six Chair Challenge. Rita Ora, Simon Cowell, Cheryl Fernandez-Versini and Nick Grimshaw must each select six acts to place in the live shows. However, contestants who put in an impressive performance are not out of the woods, as the judges have the freedom to change their minds at any point in the show.

9.00 Downton Abbey
An old friend returns in unexpected circumstances, Baxter is faced with a dilemma and Thomas struggles to fill Carson's shoes. A crisis takes Anna and Mary to London.

10.00 ITV News, Weather

10.15 Rugby World Cup Highlights
Martin Bayfield presents action from the final four pool-stage matches, which were France v Ireland, Argentina v Namibia, Italy v Romania and USA v Japan.

11.15 Perspectives: In Charlie Chaplin's Footsteps
Monty Python star Terry Jones, a long-time fan of silent comedy, offers a personal appraisal of the man who arguably changed the face of comedy in the 1920s. (R)

12.15 Murder, She Wrote (R) **1.15** Jackpot247 **3.00** Motorsport UK **3.45** British Superbike Championship Highlights **4.35** ITV Nightscreen **5.05-6.00** The Jeremy Kyle Show (R)

Channel 4

6.20 How I Met Your Mother (R) **6.45** How I Met Your Mother (R) **7.10** How I Met Your Mother (R) **7.35** Everybody Loves Raymond (R) **8.00** Everybody Loves Raymond (R) **8.30** Frasier (R) **9.00** Frasier (R) **9.30** Sunday Brunch **12.30** FILM: Step Up 3 (2010) Dance drama sequel, with Rick Malambri and Adam G. Sevani. Edited for language. **2.35** FILM: Lemnys Snicket's A Series of Unfortunate Events (2004) Three orphans are sent to live with their uncle, a cunning master of disguise who is scheming to kill them. Comedy adventure, with Jim Carrey. **4.40** A Place in the Sun: Winter Sun. A holiday home in Spain's province of Seville. **5.40-6.35** Homes by the Sea. Charlie Luxton travels the coast of North Yorkshire. (R)

6.35 Channel 4 News

FILM **7.00** Men in Black 3 (2012) An alien criminal escapes from a prison on the moon and goes back in time on a mission of revenge, changing the course of history. Agent J of the top-secret Earth defence organisation follows him back to 1969, and joins forces with a younger version of his mentor Agent K to set things right. Sci-fi comedy sequel, starring Will Smith, Josh Brolin and Tommy Lee Jones. Edited for language and violence.

PICK **9.00** Homeland
New series. Having left the CIA, Carrie tries to get on with her new life in Berlin but realises she is now the one who is a target and no longer has Saul and Quinn to rely on. See *Ones To Watch*.

10.00 Experimental
Tim Shaw builds a giant catapult to fire Buddy out of and a propelled swivel chair. The duo also head to Georgia to carry out a dangerous stunt testing the science of acceleration.

FILM **11.05** Predators (2010) Hardened fighters from all over the world are abducted by aliens and transported to a dangerous jungle world. As they struggle to survive, they discover why they have been brought to the planet – to be used as prey. Sci-fi thriller sequel, with Adrien Brody.

1.00 FILM: Animal Kingdom (2010) **2.50** Come Dine with Me (R) **4.35** Fifteen to One **5.25** 1001 Things You Should Know (R) **5.55** How I Met Your Mother (R)

Channel 5

6.00 Milkshake! **9.45** SpongeBob SquarePants **10.20** Access. Showbiz news and gossip. **10.25** Football League Tonight. Highlights and all the goals from League One and League Two. (R) **11.25** FILM: Hoodwinked (2005) Animated comedy, with the voices of Anne Hathaway and Glenn Close. **12.55** FILM: Tinker Bell and the Lost Treasure (2009) Animated adventure, featuring the voices of Mae Whitman and Anjelica Huston. **2.30** FILM: Tuck Everlasting (2002) Disney's romantic fantasy, starring Alexis Bledel and William Hurt. **4.10-6.20** FILM: The Princess Diaries 2: Royal Engagement (2004) Family comedy sequel, starring Anne Hathaway and Julie Andrews.

6.20 5 News Weekend

FILM **6.25** The Count of Monte Cristo (2002) A sailor falls foul of the schemes of his so-called closest friend, and ends up languishing in prison for 13 years, wrongly accused of treason. After spending his sentence plotting revenge on the traitor, he eventually manages to escape and poses as a wealthy nobleman to gain access to his target. Swashbuckling adventure based on the novel by Alexandre Dumas, starring Jim Caviezel, Guy Pearce, Richard Harris and Dagmara Dominczyk.

FILM **9.00** Parker (2013) Premiere. A thief is betrayed and left for dead by his partners in crime. He learns they are planning a diamond heist in a wealthy neighbourhood, so poses as a millionaire wanting to buy a house in the area. A real-estate agent sees through the disguise and helps him get even by stealing the gems from his traitorous gang. Action thriller, starring Jason Statham and Jennifer Lopez. Edited for language.

FILM **11.25** Layer Cake (2004) A cocaine dealer is all set to start a new life abroad. However, his plans are thwarted when he is asked to track down a gangster's daughter. Crime thriller, starring Daniel Craig, Sir Michael Gambon, Colm Meaney and Sienna Miller.

1.25 Super Casino. Live gaming. **3.10** Super Skyscrapers: Building London's Cheesegrater (R) **4.00** House Doctor (R)

ONES TO WATCH...



NEW SERIES

Homeland

9pm, Channel 4

American cable TV channel Showtime has built up quite a reputation for itself with some fantastically original programmes. *Dexter*, *Californication*, *Weeds* and *The Tudors* have all been critically acclaimed and have awards coming out of their ears. But when *Homeland* first hit our screens four years ago, it became an instant worldwide smash. And now it's back for a brand new fifth series. To get you up to speed if you've missed it to date, it stars Claire Danes as Carrie Mathison, a CIA agent with bipolar disorder whose job it was to try to work out if American

prisoner-of-war soldier Brody was "turned" by the enemy. After much "is he?" "isn't he?" toing and froing, viewers were shocked when Brody was killed off in the third series. This new run is set two years after Carrie's ill-fated role last season as Islamabad station chief. Struggling to deal with her guilt, she's feeling a little nonplussed about her years of working on the front line in the war on terror. So she ups sticks, moves herself to Berlin and, while estranged from the CIA, starts working for a private security firm. But how long will that last? ★★★★★



The Xtra Factor

9pm, ITV2

After the drama of the third episode of the Six Chair Challenge over on ITV, hosts of the spin-off show, Rochelle Humes and Melvin Odoom, lighten up the mood with their usual backstage antics. But while we're loving Rochelle, we can do without Melvin's contributions. There's also feedback from judges Simon, Cheryl, Rita and Grimmy. ★★★★★

Psychic Sofa .com
The UK's best Psychics and Mediums

80p per minute

FEEDBACK
Psychic Sofa REALLY helped me put things in perspective! I will DEFINITELY be back! xxx

Live Readings
0905 789 3330*

By Credit Card
0161 864 8580

20mins = £16.80, 40mins = £28.80, 60mins = £42. All prices inc. vat.

Txt: SOFA + Question to 67755 | £1.50 PER MSG

RJ Media PO Box 4504 M81 0GL. *Calls to 0904 cost 80p/min plus your network access charge. Over 18s. Bill payers permission. Calls recorded. Mobile costs may vary. For entertainment purposes only. We may send promo msgs. To opt out of marketing send STOP ALL to 67755 at any time. Helpline 0161 807 3017. Texts cost £1.50 each to receive + standard network rate (max 2 replies per message).

half price
new season
collection

dfs

OVER ON DIGITAL

5★ **6.00** Teleshopping **9.00** Access **9.05** My Wife and Kids **2.15** **FILM:** Blue Streak (1999) Comedy. **4.05** **FILM:** Jackie Chan's The Medallion (2003) **6.00** Sham Weddings & Bogus Brides **7.00** Nightmare Neighbour Next Door **8.00** Diced to Death: Countdown to Murder **9.00** Killer Psychopaths **10.00** Murdering the Mother-in-Law: Countdown to Murder **11.00** Autopsy: The OJ Simpson Murder Case **12.00** Woman on the Rampage: Killing Spree

SUSA **6.00** Teleshopping **12.00** My Name Is Earl **12.30** My Name Is Earl **12.55** **FILM:** Columbo: Murder by the Book (1971) Detective drama, with Peter Falk. **2.30** **FILM:** Columbo: Try and Catch Me (1977) Crime drama, starring Peter Falk. **4.00** **FILM:** Columbo: The Conspirators (1978) Detective drama, starring Peter Falk. **6.00** NCIS **7.00** NCIS **8.00** NCIS: New Orleans **9.00** CSI: Cyber **10.00** CSI: Cyber **11.00** CSI: Viva Las Vegas **11.55** CSI: NY **12.55** CSI: NY

ITV2 **6.00** Kesha: The Hot Desk **6.10** The Cube **6.55** Emmerdale **9.50** Coronation Street **11.45** The Almost Impossible Gameshow **12.45** Catchphrase **1.30** The Very Best of You've Been Framed! **2.35** **FILM:** Stormbreaker (2006) Spy adventure. **4.25** **FILM:** Hotel Transylvania (2012) Animated comedy. **6.15** **FILM:** Hulk (2003) Comic-strip adventure. **9.00** The Xtra Factor. See *Ones To Watch*. **10.00** **FILM:** Casino Royale (2006) James Bond spy thriller. **12.55** Viral Tap **1.40** Totally Bonkers Guinness World Records

SKY1 **6.00** Hour of Power **7.00** Are You Smarter Than a 10 Year Old? **8.00** Modern Family **9.00** One Hundred and Eighty! **10.00** Football's Funniest Moments **11.00** WWE: Raw **12.00** One Hundred and Eighty! **1.30** Pan: Behind the Scenes **2.00** Futurama **3.00** Futurama **4.00** Futurama **5.00** Futurama **6.00** The Simpsons **7.00** The Simpsons **8.00** The Simpsons **9.00** Zoo **10.00** **FILM:** Dawn of the Dead (2004) Horror remake. **12.00** The Force: Manchester

SKY ATLANTIC **6.00** Smash **7.00** Friday Night Lights **8.00** Seinfeld **8.30** Seinfeld **10.30** Seinfeld **11.00** Star Trek: Enterprise **12.00** Star Trek: Enterprise **1.00** David Attenborough's Kingdom of Plants **2.00** The Petrol Age **3.00** Without a Trace **4.00** Without a Trace **5.00** Blue Bloods **6.00** Blue Bloods **7.00** Blue Bloods **8.00** Blue Bloods **9.00** Game of Thrones **10.10** Game of Thrones **11.20** Last Week Tonight with John Oliver **11.55** Aquarius **12.55** The Affair

BBC THREE **7.00** Formula 1 – Russian Grand Prix Highlights. Action from the 15th round of the season at the Sochi Autodrom. **8.00** Top Gear. Featuring a tribute to Saab. **9.00** Russell Howard's Good News **9.30** Russell Howard's Good News. The comedian's perspective on the news. **10.00** **FILM:** Scream (1996) Starring Neve Campbell. **11.45** Family Guy **12.05** Family Guy **12.25** American Dad! **12.50** Family Guy **1.10** Together **1.40** Asian Provocateur

SKY LIVING **6.00** CSI: Crime Scene Investigation **6.30** Nothing to Declare **7.30** Nothing to Declare **8.30** Nothing to Declare **9.30** Nothing to Declare **10.30** Nothing to Declare **11.30** Sportswomen **12.00** Million Dollar Listing: Miami **1.00** Grey's Anatomy **2.00** Grey's Anatomy **3.00** CSI: Crime Scene Investigation **4.00** CSI: Crime Scene Investigation **5.00** Border Security: Canada's Front Line **7.00** Million Dollar Listing: NYC **8.00** CSI: Miami **9.00** Chicago Fire **10.00** Criminal Minds **11.00** Criminal Minds **12.00** Bones

MTV **6.00** Cribs **6.20** Laguna Beach: The Real Orange County **9.00** Teen Mom: Original Girls **10.00** Teen Mom: Original Girls **12.00** Teen Mom: Original Girls **2.00** Teen Mom: Original Girls **3.00** Teen Mom: Original Girls **4.00** Teen Mom: Original Girls **5.00** Teen Mom: Original Girls **6.00** Teen Mom: Original Girls **7.00** Ex on the Beach **8.00** Ex on the Beach **9.00** Ex on the Beach **10.00** Ex on the Beach **11.00** Ex on the Beach **12.00** Ex on the Beach

FILM4 **11.00** Bugsy Malone (1976) Musical gangster comedy, starring Scott Baio. **1.00** Anastasia (1997) With the voice of Meg Ryan. **2.55** Pride and Prejudice (2005) Period drama. **5.25** Evolution (2001) Sci-fi comedy. **7.25** The Animal (2001) Comedy, starring Rob Schneider. **9.00** Apocalypto (2006) Mel Gibson's historical adventure. **11.40** Joy Ride (2001) Thriller, starring Steve Zahn. **1.40** Dogtooth (2009) Starring Christos Stergioglou.

CBS ACTION **6.00** Teleshopping **8.30** Tomorrow's World **9.00** Star Trek: Deep Space Nine **11.00** Star Trek: Deep Space Nine **1.00** Star Trek: Deep Space Nine **2.00** High Chaparral **3.00** The High Chaparral **4.00** Dr Quinn: Medicine Woman **5.00** Dr Quinn: Medicine Woman **6.00** **FILM:** Gunsmoke: One Man's Justice (1994) **8.00** S.O.F.: Special Ops Force **9.00** Walker, Texas Ranger **10.00** Walker, Texas Ranger **11.00** Walker, Texas Ranger **12.00** Walker, Texas Ranger

CBS REALITY **6.00** Teleshopping **7.30** Tomorrow's World **8.00** The Key of David **8.30** The Lord's Challenge **9.00** Raising Sextuplets **10.00** Judge Judy **11.00** Judge Judy **11.50** Judge Judy **12.40** Judge Judy **1.30** Judge Judy **2.20** Judge Judy **3.10** Judge Judy **4.00** Judge Judy **5.00** Beyond Belief: Fact or Fiction? **7.00** Unsolved Mysteries **9.00** Killer Doctors on Death Row **10.00** Donal MacIntyre: Unsolved **11.00** Sins and Secrets **12.00** Sins and Secrets

MONDAY 12 OCTOBER

BBC1

6.00 Breakfast **9.15** Rip Off Britain (R) **10.00** Homes Under the Hammer (R) **11.00** The Sheriffs Are Coming (R) **11.45** Caught Red Handed. New series. The innovative methods used to catch criminals in the act. **12.15** Bargain Hunt. Two teams test their antiques knowledge. **1.00** BBC News, Weather **1.45** Doctors. Emma has made her mind up about the baby. **2.15** The Edge. Gameshow, hosted by Mark Benton. **3.00** Escape to the Country (R) **3.45** Home Away from Home. Couples from Kent and Gloucestershire swap homes. **4.30** Antiques Road Trip. Antiques experts compete to make the most money at auction. (R) **5.15-6.00** Pointless. Quiz show, hosted by Alexander Armstrong. (R)

6.00 BBC News, Weather

6.30 Local News, Weather

7.00 The One Show

Matt Baker and Alex Jones present topical stories.

7.30 Inside Out

Three surprising real-life stories from across the region.

8.00 EastEnders

Kush finds Shabnam talking to Jade's social worker.

8.30 Panorama

In-depth current affairs report.

9.00 Crimewatch

The programme enlists the help of some familiar BBC faces to explore the problem of hate crimes and its impact on victims. Sian Williams and Jason Mohammad present.

10.00 BBC News, Weather

10.25 Local News, Weather

10.35 Crimewatch Update

10.45 Have I Got a Bit More News for You Actress Kathy Burke hosts an extended edition of the satirical current affairs quiz show.

11.30 The Graham Norton Show Carey Mulligan and Meryl Streep, stars of upcoming movie Suffragette, and fellow actress Nicole Kidman join the host for a good chat. (R)

12.20-6.00 BBC News. The latest national and international stories as they break. Plus, the weather.

BBC2

6.15 Homes Under the Hammer (R) **7.15** Flog It! Trade Secrets (R) **7.45** Thief Trackers (R) **8.15** Sign Zone: Escape to the Continent (R) **9.15** Victoria Derbyshire **11.00** BBC News **11.30** BBC World News **12.00** Daily Politics **1.00** Coast. The colourful town of Tobermory. (R) **1.10** Bergerac (R) **2.00** Cash in the Attic (R) **2.30** A Taste of Britain. Local delicacies, dishes, and recipes. (R) **3.00** The Box. Cookery challenge, hosted by James Martin. (R) **3.30** The Great British Bake Off. Thirteen contestants battle it out to be named Britain's best amateur baker. (R) **4.30** Natural World: Animal House. David Attenborough investigates animal architects. (R) **5.15-6.00** Flog It! From the Stadium of Light in Sunderland. (R)

6.00 Eggheads

Quiz in which the winners of gameshows work as a team. (R)

6.30 Strictly Come Dancing

—It Takes Two Zoe Ball hosts the weekday fanzine.

7.00 The Great British Bake Off

—Masterclass Paul Hollywood and Mary Berry enter the Bake Off tent to demonstrate how the contest's challenges should have been done, beginning with tasks from the first two weeks.

8.00 University Challenge

St John's College, Oxford, takes on the University of Bristol.

8.30 Only Connect

The Spaghetti Westerners face off against the Railwaymen.

9.00 The Celts: Blood, Iron, and Sacrifice with Alice Roberts and Neil Oliver The emergence of La Tene culture and a look at how Gallic warrior Vercingetorix's army took on the Romans in an epic battle.

10.00 Mock the Week

Guest include Rob Beckett, Ed Byrne and Milton Jones. (R)

10.30 Newsnight, Weather

Analysis of the day's events.

11.15 Britain's Ultimate Pilots: Inside the RAF Documentary following the Red Arrows. The pilots reveal the tricks of the trade as they prepare to carry out an ambitious performance over Buckingham Palace. (R)

12.15 The Face of Britain by Simon Schama (R) **1.15** Sign Zone: The Great British Bake Off (R) **2.15** Sign Zone: Who Do You Think You Are? (R) **3.15-6.00** This Is BBC Two. Upcoming programmes.

ITV

6.00 Good Morning Britain. News, current affairs and lifestyle features. **8.30** Lorraine. Entertainment and fashion news. **9.25** The Jeremy Kyle Show. Guests air their differences. **10.30** This Morning. Celebrity chat and lifestyle features, including a look at the stories making the newspaper headlines and a recipe in the kitchen. Including Local Weather. **12.30** Loose Women. With Goldie Hawn and Patrick Kielty. **1.30** ITV News, Weather **1.55** Local News **2.00** Judge Rinder. Real-life cases in a studio courtroom. **3.00** Who's Doing the Dishes? Bob Carolgees plays mystery host to four strangers. **3.59** ITV Local Weather **4.00** Tipping Point. Gameshow, hosted by Ben Shephard. **5.00-6.00** The Chase. Hosted by Bradley Walsh.

6.00 Local News, Weather

6.15 ITV News, Weather

6.45 Emmerdale

Chrissie gets her hopes up, and Jimmy tricks Finn into an unwinnable bet.

7.15 Euro 2016 Qualifier

Lithuania v England (Kick-off 7.45pm). Coverage of the concluding Group E match for both teams, which takes place at LFF Stadium in Vilnius. While England were guaranteed to finish top of the group after they defeated Switzerland last month, Lithuania entered this final phase of matches knowing that they had an outside chance of finishing third and earning a place in the play-offs, but the result of their match away to Slovenia last Friday will dictate whether they still have something to play for tonight. Presented by Mark Pougatch, with commentary by Clive Tyldesley and Glenn Hoddle.

10.00 ITV News, Weather

10.30 Local News, Weather

10.40 Euro 2016 Qualifier Highlights Lithuania v England. Mark Pougatch presents action from the concluding Group E match for both teams, which took place at LFF Stadium in Vilnius.

11.40 The Job Lot

New series. Angela hides her pregnant cat in her desk drawer.

12.10 Jackpot247. Viewers are offered the chance to participate in live gaming. **3.00** The Jeremy Kyle Show (R) **3.55** ITV Nightscreen **5.05-6.00** The Jeremy Kyle Show. The host invites guests air their differences over various issues. (R)

Channel 4

6.20 How I Met Your Mother (R) **6.45** 3rd Rock from the Sun (R) **7.10** 3rd Rock from the Sun (R) **7.35** Everybody Loves Raymond (R) **8.00** Everybody Loves Raymond (R) **8.30** Everybody Loves Raymond (R) **9.00** Frasier (R) **9.30** Frasier (R) **10.00** Undercover Boss USA (R) **11.00** Posh Pawnbrokers (R) **12.00** Channel 4 News Summary **12.05** Come Dine with Me (R) **1.10** Deal or No Deal. Gameshow. **2.10** Countdown. **3.00** Fifteen to One. General knowledge quiz, hosted by Sandi Toksvig. **4.00** A Place in the Sun: Summer Sun. A couple hoping to buy a property in Spain. **5.00** Four in a Bed. The contest begins at Wharfe House in Wetherby, West Yorkshire. **5.30-6.00** Come Dine with Me. The first of a week of dinner parties in County Durham.

6.00 The Simpsons

Homer discovers a talent for styling hair and opens a salon.

6.30 Hollyoaks

Pete covers a shift at the Dog so he can get closer to Jade.

7.00 Channel 4 News

Including sport and weather.

7.55 The Political Slot

8.00 Jamie's Super Food

Recipes include seared turmeric chicken with hummus.

8.30 Food Unwrapped

Jimmy Doherty investigates how bubbles are put in chocolate.

PICK 9.00 First Dates: Celebrity Special for SU2C An edition in aid of Stand Up to Cancer in which singletons head to the show's restaurant unaware that some of the dates will be famous faces. See *Ones To Watch*.

10.05 Gogglebox: SU2C Special Insightful, funny and sometimes emotional critiques of popular and topical TV shows, featuring surprise celebrity guests in support of the Stand Up to Cancer initiative. (R)

11.05 Sex Diaries: Trans Lovers

Charlie Russell meets men who describe themselves as heterosexual and are looking for love with transgender women who have male genitalia. Last in the series.

12.10 24 Hours in A&E (R) **1.05** Hunted (R) **2.05** FILM: An American in Madras (2013) **3.30** Grand Designs Australia **4.30** Location, Location, Location (R) **5.25** Hugh's 3 Good Things: Best Bites (R) **5.30** 1001 Things You Should Know (R)

Channel 5

6.00 Milkshake! **9.15** The Wright Stuff **11.10** Cowboy Builders. Helping homeowners let down by unreliable workmen. (R) **12.10** 5 News Lunchtime **12.15** The Yorkshire Vet. Julian Norton attempts to help a cow suffering from a life-threatening condition. (R) **1.15** Home and Away **1.45** Neighbours **2.15** NCIS: New Orleans. A petty officer is found murdered at Mardi Gras. (R) **3.15** FILM: The Good Witch's Gift (2010) Cassandra Nightingale hurriedly prepares for her wedding, but a face from her fiancée's past threatens the big day. Family drama sequel, starring Catherine Bell and Chris Potter. **5.00** 5 News at 5. Latest headlines. **5.30-6.00** Neighbours. Lauren suggests that Brad stay with her. (R)

6.00 Home and Away

Zac tells Leah he is prepared to take a paternity test. (R)

6.30 5 News Tonight

A round-up of the evening's headlines, with Matt Barbet.

7.00 The Gadget Show

YouTube superstar Ali-A records a video with Lewis Hamilton, while Ortis Deley and Amy Williams head to Germany to uncover what some of the world's advanced robots can do.

8.00 Pets Make You Laugh Out Loud 2 Dave Spikey and Ellie Taylor introduce a compilation of animal antics, including greedy pigs, terrifying tortoises and an American parrot with a talent for stand-up comedy. (R)

9.00 Autopsy: The Last Hours of Joan Rivers Jason Payne-James re-examines the events surrounding the death of the American comedienne, who died due to complications that arose during a procedure in 2014.

10.00 The Best of The Joan Rivers Position Highlights from the American comedienne's show in which she acted as an agony aunt for celebrity guests, the studio audience and viewers at home. (R)

11.00 Can't Pay? We'll Take It Away Kevin Stokes and Brian O'Shaughnessy get into a confrontation with a debtor who wants to prove her family business is bankrupt, but when tempers flare Brian is assaulted.

12.00 41 Dogs in a 3-Bed Semi (R) **12.50** SuperCasino. Live interactive gaming. **3.10** Secrets of Underground Britain (R) **4.00** Wildlife SOS (R) **4.25** Divine Designs (R) **4.50** House Doctor (R) **5.10** House Doctor (R) **5.35-6.00** House Doctor (R)

REGIONAL VARIATIONS:

FILM: A Nightingale Falling (2014) **10.00** News **11.00** Ice Rink on the Estate **BBC1 N IRELAND** **7.30** X-Ray **BBC2 N IRELAND** **10.00** Amhrán air Fhír Bháin **11.00** Dr Phil **11.55** Shortland Street **12.25** Doctors **1.00** News **1.30** Home and Away **2.00** Neighbours **2.25** EastEnders **3.00** Fair City **3.30** Neven Maguire: Home Chef **4.00** News **4.10** Today **5.40** Nuacht **6.00** The Angelus **6.01** News **7.00** Nationwide **7.30** Scannal! **8.00** EastEnders **8.30** Living the Wildlife **9.00** News **9.35** Death of a Son – The Killing of Michael Dwyer **10.35** Claire Byrne Live **11.35** Silent Witness **12.40** The Late Late Show **5.40** Cyw **1.00** Newyddion S4C a'r Tywydd **1.05** Heno **2.00** Prynhawn Da **2.55** Newyddion S4C a'r Tywydd **3.00** Bwys **3.30** Taith Fawr y Dyn Bach **4.00** Awr Fawr **5.00** Stwnsh **6.00** Pobol y Cwm **6.25** Newyddion S4C a'r Tywydd **6.30** Sgorio **7.00** Heno **8.00** Pobol y Cwm **8.25** Cefn Gwlad **9.00** Newyddion 9 a'r Tywydd **9.30** Ffermio **10.00** Cwpan Rygby'r Byd 2015

ONES TO WATCH...



OVER ON DIGITAL

5★ **9.00** Neighbours **9.30** Home and Away **10.00** Gilmore Girls **11.00** My Wife and Kids **12.00** Scrubs **1.00** Cowboy Builders **3.00** Neighbours **3.30** Home and Away **4.00** My Wife and Kids **5.00** Scrubs **5.55** Access **6.00** Neighbours **6.30** Home and Away **7.00** The Nightmare Neighbour Next Door **8.00** Baby Faced Brides **9.00** Benefit Life: Jailbird Boys Going Straight **10.00** Britain's Flashiest Families **11.00** **FILM:** Abduction (2011) Action thriller.

SUSA **6.00** Teleshopping **12.00** Access. Latest showbiz news and gossip. **12.10** NCIS **2.10** **FILM:** Jesse Stone: No Remorse (2010) Detective thriller, starring Tom Selleck. **4.00** NCIS: Secrets Exposed **5.00** Law & Order **6.00** CSI: Miami **6.55** Access **7.00** NCIS **9.00** NCIS: New Orleans. A petty officer is found murdered at Mardi Gras. **10.00** NCIS **11.55** CSI: NY **12.55** CSI: Crime Scene Investigation **2.50** Access **3.00** Teleshopping. Home shopping.

ITV2 **6.00** Nicole Scherzinger: The Hot Desk **6.10** Psych **6.55** Coronation Street **7.30** The Cube **8.30** Dinner Date **9.30** Psych **10.20** The Real Housewives of Atlanta **12.10** Coronation Street **12.40** The Cube **1.40** Dinner Date **2.40** The Jeremy Kyle Show **6.00** Judge Rinder **7.00** You've Been Framed! **8.00** Two and a Half Men **9.00** **FILM:** Bridget Jones's Diary (2001) Romantic comedy, with Renee Zellweger. **11.00** Celebrity Juice **11.50** Two and a Half Men **12.45** Viral Tap **1.20** Totally Bonkers Guinness World Records

SKY1 **6.00** The Dog Whisperer **7.00** Monkey Life **8.00** RSPCA Animal Rescue **9.00** Stargate SG-1 **10.00** Hawaii Five-0 **12.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** Stargate SG-1 **4.00** Futurama **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.00** Duck Quacks Don't Echo. See *Ones To Watch*. **9.00** Trolled **9.30** Moone Boy **10.00** Mount Pleasant **11.00** NCIS: Los Angeles **12.00** Hawaii Five-0 **2.00** Night Cops **3.00** Road Wars

SKY ATLANTIC **6.00** Star Trek: Enterprise **7.00** Seinfeld **8.00** Richard E Grant's Hotel Secrets **9.00** House **11.00** Without a Trace **12.00** Blue Bloods **1.00** Stargate Atlantis **2.00** Star Trek: Enterprise **3.00** Seinfeld **4.00** Richard E Grant's Hotel Secrets **5.00** House **7.00** Without a Trace. Part one of two. **8.00** Blue Bloods **9.00** The Jim: The Life and Deaths of Robert Durst **10.00** The Leftovers **11.10** Last Week Tonight with John Oliver **11.45** Ballers **1.00** Aquarius

BBC THREE **7.00** Top Gear. With Blur bassist Alex James. **8.00** Don't Tell the Bride **9.00** Live at the Apollo **10.00** EastEnders. Kathy tries to build bridges with Ben, but her son does not want to know. **10.30** Russell Howard's Good News Extra. An extended look at the comedian's favourite moments from the series. **11.15** Family Guy **12.00** American Dad! **12.20** Family Guy **12.45** Together **1.15** Asian Provocateur **1.45** Is Britain Racist? **2.45** Live at the Apollo

SKY LIVING **6.00** Motorway Patrol **7.00** Nothing to Declare **8.00** Border Security: Canada's Front Line. Fly-on-the-wall documentary. **9.00** Motorway Patrol **10.00** Animal 999 **11.00** CSI: Crime Scene Investigation **12.00** Chicago Fire **1.00** Criminal Minds **3.00** CSI: Crime Scene Investigation **5.00** Million Dollar Listing: NYC **6.00** Best of Nothing to Declare **6.30** My Kitchen Rules: Australia **8.00** CSI: Miami **9.00** Criminal Minds **10.00** CSI: Crime Scene Investigation **11.00** Criminal Minds **1.00** The Blacklist **1.50** Bones

MTV **6.00** Cribs **6.20** Plain Jane **7.10** Laguna Beach: The Real Orange County **8.00** The Hills **9.00** Catfish: The TV Show **10.00** Judge Geordie **3.00** Getting to Know Farrah **4.00** Teen Mom: Catching Up with the Girls **5.00** Teen Mom: Original Girls **7.00** Catfish: The TV Show **8.00** Say It in Song **9.00** Teen Mom 2: Uncut **10.00** Are You the One? **11.00** Ex on the Beach. Reality show. **12.00** Geordie Shore **2.00** Ridiculousness **3.00** Teleshopping. Home shopping.

FILM4 **11.00** An Inspector Calls (1954) Drama. **12.40** Went the Day Well? (1942) World War Two drama. **2.30** Heaven Knows, Mr Allison (1957) World War Two romantic drama. **4.35** Sands of Iwo Jima (1949) World War Two adventure. **6.55** Hero (2002) Martial arts adventure. **8.50** Suffragette Interview Special **9.00** Fast & Furious 5 (2011) Action adventure. **11.35** The Iron Lady (2011) Biopic of Margaret Thatcher. **1.40** Night of the Creeps (1986)

CBS ACTION **6.00** Teleshopping **9.00** Flashpoint **10.00** MacGyver **11.00** Star Trek: Deep Space Nine **12.00** Star Trek **1.00** NCIS **2.00** Flashpoint **3.00** NCIS **4.00** The Streets of San Francisco **5.00** JAG **6.00** Star Trek **7.00** NCIS **8.00** Star Trek: Deep Space Nine **9.00** CSI: Crime Scene Investigation **10.00** NCIS **11.00** Walker, Texas Ranger **12.00** CSI: Crime Scene Investigation **1.00** NCIS **1.55** Walker, Texas Ranger **2.50** Flashpoint **4.25** Hawaii Five-0

CBS REALITY **6.00** Teleshopping **9.00** Medical Detectives **10.00** Hoarders **11.00** Unsolved Mysteries **12.00** Medical Detectives **1.00** Judge Judy **3.00** Hoarders **4.00** Unsolved Mysteries **5.00** Judge Judy **7.00** Cops **8.00** 48 Hours: Mystery **9.00** Donal MacIntyre: Unsolved **10.00** Killer Doctors on Death Row **11.00** Medical Detectives **12.00** I Survived **1.00** Donal MacIntyre: Unsolved **2.00** Killer Doctors on Death Row **3.00** World's Wildest Police Videos **3.50** Cops

First Dates: Celebrity Special for SU2C

9pm, Channel 4

If you're a regular reader of our Ones To Watch, you'll know how much we love *First Dates*. What's not to love about cameras capturing the awkward moments when a potential couple first clasps eyes on each other? Well, the *First Dates* restaurant opens its doors for a special in aid of Stand Up to Cancer charity tonight. Maître d' Fred and his team welcome hopeful single people from across the country and, for one night only, some familiar faces from the world of celebrity are also looking for love. Those making a trip to the restaurant, unaware that some of their dinner

dates will be famous faces, include neuroscience student Sophie, looking for an outgoing guy who likes to travel. Also, personal trainer Craig, who usually goes for petite blondes and would like to treat a lady like a queen. Meanwhile, part-time model Louis is hoping to date an easy-going girl. The eatery also welcomes two returning daters from the last series. On her first visit, Anna ditched dinner in exchange for drinks and dancing, while hairdresser and model Gary plans to meet a man with some get up and go. Will cupid's arrow strike? ★★★★★



Duck Quacks Don't Echo

8pm, Sky1

It's the last episode of this third series and Sue Perkins, presenter of *The Great British Bake Off*, actor Stephen Mangan and stand-up comedian Romesh Ranganathan set out to prove that lift buttons have more bacteria on them than toilet seats. They also try to show it's possible to walk on the ceiling and that men can make their voices sound sexier. ★★☆☆☆

Speed
9p
per min

women call FREE* on:
0800 075 7249
men: **0871 300 2961**
gay: **0871 300 2984**

18+. Helpdesk 0207 966 9686. 0871's 9p per min + your network's access charge. 0800=free. Live calls recorded. SP-4D.

WWW.PSYCHICSWITCHBOARD.CO.UK

Our sincere & gifted readers
can guide you 24/7

55p
per min
0905 355 1221

18+. 09=55p per min + your network's access charge. Calls recorded. Entertainment purposes only. SP-PSL. Helpdesk 0207 966 9646.

half price
new season
collection



dfs

TUESDAY 13 OCTOBER

BBC1

6.00 Breakfast **9.15** Rip Off Britain (R) **10.00** Homes Under the Hammer **11.00** The Sheriffs Are Coming **11.45** Caught Red Handed. Footage of a robber who turned a homemade weapon on two friends. **12.15** Bargain Hunt (R) **1.00** BBC News, Weather **1.45** Doctors. Sid helps a blogger come to terms with who she is. **2.15** The Edge. Gameshow, hosted by Mark Benton. **3.00** Escape to the Country. Campervan enthusiasts seek a home near the Peak District. **3.45** Home Away from Home. House-proud couples from Dorset and Devon swap lives. **4.30** Antiques Road Trip. James Lewis and Anita Manning begin their trip in Wimbledon, London. (R) **5.15-6.00** Pointless. Quiz show, hosted by Alexander Armstrong. (R)

6.00 BBC News, Weather

6.30 Local News, Weather

7.00 The One Show

Topical reports, presented by Matt Baker and Alex Jones.

7.30 EastEnders

Kathy takes some money and goes to meet Phil's kidnappers.

8.00 Holby City

New series. Mo's emotional resilience is tested by a reunion with two faces from her past, and Cara tracks down the mystery hero who saved an elderly woman from drowning.

9.00 River

New series. Troubled cop John River tries to help the mother of a murdered teenager who blames him for failing to save her daughter's. Police drama, starring Stellan Skarsgård.

10.00 BBC News, Weather

10.25 Local News, Weather

10.35 Brett: A Life With No Arms

Documentary catching up with Brett Nielsen, the subject of Roger Graef's 1965 film One of Them is Brett, who was born without arms as the result of his mother's using Thalidomide.

11.35 Who Do You Think You Are?

Mark Gatiss travels to Northern Ireland and traces his family to see where this love of the ghastly comes from. (R)

12.40-6.00 BBC News. Latest national and international headlines, including weather forecast and sport results.

BBC2

6.00 Homes Under the Hammer (R) **7.00** Caught Red Handed (R) **7.30** The Edge (R) **8.15** Sign Zone: Rick Stein: From Venice to Istanbul (R) **9.15** Victoria Derbyshire **11.00** BBC News **11.30** BBC World News **12.00** Daily Politics **1.00** Coast (R) **1.10** Bergerac (R) **2.00** Cash in the Attic. A couple raise money to furnish their new home. (R) **2.30** A Taste of Britain. The cuisine and culture of Gloucestershire. (R) **3.00** The Box. Three cooks make dishes using Margaret Mountford's ingredients. (R) **3.30** The Great British Bake Off. The remaining contenders face three bread-making tasks. (R) **4.30** Natural World. The lives of leopards in East Africa. (R) **5.15-6.00** Flog It! The team searches for antiques in Monmouth, south-east Wales. (R)

6.00 Eggheads

Quiz in which the winners of gameshows work as a team. (R)

6.30 Strictly Come Dancing – It Takes Two

Zoe Ball chats to the couple who avoided elimination.

7.00 Grand Tours of the Scottish Islands

New series. Paul Murton sets out to visit some of the many islands that lay off the coastline, including Foula and Fair Isle, the most remote island communities in Britain.

8.00 Harvest 2015

New series. The team reports from the East, including Gregg Wallace helping with the sugar beet harvest, while Philippa Forrester samples chillies that require a health warning.

9.00 The Naked Choir with Gareth Malone

The remaining a capella groups receive training in choreography and stage-craft as they battle it out in front of a live audience and a jury of experts for a place in the semi-final.

10.00 Later Live – with Jools Holland

Performances by John Newman and Sleaford Mods.

10.30 Newsnight

Analysis of the day's events.

11.15 The Celts: Blood, Iron, and Sacrifice with Alice Roberts and Neil Oliver

A look at how Gallic warrior Vercingetorix's army took on the Romans in an epic battle that would shape Julius Caesar's reputation. (R)

12.15 Ted Hughes: Stronger Than Death (R) **1.45** Sign Zone: The Face of Britain by Simon Schama (R) **2.45** Sign Zone: Countdown to Life: The Extraordinary Making of You (R) **3.45-6.00** This Is BBC Two. Previews of upcoming shows.

ITV

6.00 Good Morning Britain. An interview with Jennifer Lopez. **8.30** Lorraine. Ross King continues his interview with Jennifer Lopez. **9.25** The Jeremy Kyle Show **10.30** This Morning. Phillip Schofield and Holly Willoughby present celebrity chat and lifestyle features, including a look at the stories making the newspaper headlines and a recipe in the kitchen. **12.30** Loose Women. With guests Judge Robert Rinder, Patrick Stewart and his wife Sunny Ozell. **1.30** ITV News, Weather **1.55** Local News **2.00** Judge Rinder **3.00** Who's Doing the Dishes? Pop singer Lee Brennan takes part in the dinner party challenge. **3.59** ITV Local Weather **4.00** Tipping Point. Hosted by Ben Shephard. **5.00-6.00** The Chase. Hosted by Bradley Walsh.

6.00 Local News, Weather

6.30 ITV News, Weather

7.00 Emmerdale

Jai is pulled over by the police in possession of cocaine.

7.30 Deals, Wheels and Steals

Melody Munday and James Lewis decide to collaborate.

8.00 Eternal Glory

Richard Bacon presents as the remaining sporting legends tackle feats of endurance, visualisation and team-work, before one competitor is eliminated in the Night Duel.

PICK 9.00 Lewis

Part two of two. The murder of artist Talika Desai is linked to the body found in the well, leading Lewis and Hathaway into the a world of drugs and social media. See *Ones To Watch*.

10.00 ITV News at Ten, Weather

10.30 Local News, Weather

10.40 Through the Keyhole Dave Berry, Michael Buerk and Ashley Roberts try to guess which mystery celebrities have invited Keith Lemon to poke through their personal belongings. Last in the series. (R)

11.40 Benidorm

The guests take part in a dance contest organised by the Solana's new manager Joyce. (R)

12.35 Jackpot247. Live interactive gaming. **3.00** Loose Women (R) **3.50** ITV Nightscreen **5.05-6.00** The Jeremy Kyle Show. Guests air their differences. (R)

Channel 4

6.00 Countdown (R) **6.45** 3rd Rock from the Sun (R) **7.10** 3rd Rock from the Sun (R) **7.35** Everybody Loves Raymond (R) **8.00** Everybody Loves Raymond (R) **8.30** Everybody Loves Raymond (R) **9.00** Frasier (R) **9.30** Frasier (R) **10.00** Undercover Boss USA (R) **11.00** Posh Pawnbrokers (R) **12.00** Channel 4 News Summary **12.05** Come Dine with Me (R) **1.10** Deal or No Deal **2.10** Countdown. With Dictionary Corner guest Charlie Stayt. **3.00** Fifteen to One **4.00** A Place in the Sun: Summer Sun. A South Yorkshire couple seek an Italian holiday home in Tuscany. **5.00** Four in a Bed. The B&B owners visit Wortwell Hall Barn in Norfolk. **5.30-6.00** Come Dine with Me. Beauty teacher Ashleigh throws the second party in County Durham.

6.00 The Simpsons

Lisa gets a collection of keys to every door in Springfield. (R)

6.30 Hollyoaks

Kim decides to break up Lindsey and Freddie's relationship.

7.00 Channel 4 News

Including sport and weather.

7.55 The Political Slot

8.00 Obsessive Compulsive Cleaners

A former beauty queen and a military wife head for Norfolk to clean the homes of a retired chef and a factory worker, which are both in need of attention. Last in the series.

9.00 Educating Cardiff

The documentary exploring life at Willows High School concludes as performing arts prepares to stage a concert, which gives the pupils a chance to show off their talents. Last in the series.

10.00 Girls to Men

Three young Britons undergo surgical procedures as they seek to fulfil their dreams of living as men. The documentary also explores the confident online community of young trans men.

11.05 First Dates: Celebrity Special for SU2C

A celebrity edition in aid of Stand Up to Cancer in which maitre d' Fred and his team welcome singletons to the show's restaurant unaware that some of the dinner dates will be famous faces. (R)

12.15 Poker **1.10** KOTV Boxing Weekly **1.35** Gillette World Sport **2.05** The Grid **2.30** FIM Superbike World Championship (R) **3.00** Location, Location, Location (R) **3.55** Kirstie's Vintage Gems (R) **4.15** Deal or No Deal (R) **5.05** Fifteen to One (R)

Channel 5

6.00 Milkshake! **9.15** The Wright Stuff **11.10** Cowboy Builders. Helping homeowners let down by unreliable workmen. **12.10** 5 News Lunchtime **12.15** The Nightmare Neighbour Next Door. A dispute over a new driveway that ended with two pensioners fighting in the street. (R) **1.15** Home and Away **1.45** Neighbours **2.15** NCIS. The team uncovers faulty bulletproof vests. (R) **3.15** FILM: Good Witch, Bad Witch (2011) Cassandra Nightingale receives a visit from her conniving niece, who turns her friends against her. Drama sequel, starring Catherine Bell and Sarah Power. **5.00** 5 News at **5.30-6.00** Neighbours. Lauren and Brad's new living arrangement causes upset in the community. (R)

6.00 Home and Away

Leah tells Zac that she wants nothing to do with Hunter. (R)

6.30 5 News Tonight

Coverage of the latest national and international stories.

7.00 Police Interceptors

A foul-mouthed pensioner pushes Barry's patience to the limit, Sarah gives a bad-boy biker an early birthday present and Jim's Audi S3 is outclassed by a car 30 years its senior. (R)

8.00 The Yorkshire Vet

Julian Norton delivers treatment to a bad-tempered goat with a suspected broken leg, and things seem grave when Peter Wright tends to a horse that has cut open its hoof while grazing.

9.00 Witch Hunt: A Century of Murder

Suzannah Lipscomb investigates the origins of the obsession for witch hunts that swept the British Isles during the 17th Century. Followed by *The Health Lottery draw*.

10.00 CSI: Cyber

The team investigates when a car service company's dispatch software is hacked in order to target certain passengers.

10.55 The Mysteries of Laura

Comedy drama starring Debra Messing as New York homicide detective Laura Diamond. In the opening episode, the police officer is called to help with a hostage situation.

11.55 The Mysteries of Laura

The cop signs up to a dating agency to catch the person responsible for killing a divorcee.

12.40 SuperCasino **3.10** Chris Tarrant: Extreme Railway Journeys **4.00** Wildlife SOS (R) **4.25** Great Scientists (R) **4.50** House Doctor (R) **5.10** House Doctor (R)

REGIONAL VARIATIONS:

Ireland Live Budget Special **4.30** Who's Doing the Dishes? **5.30** News **6.00** The Chase **8.00** Lesser Spotted Journeys **10.30** News **11.10** Eternal Glory **12.10** Deals, Wheels and Steals **UTV IRELAND 1.30** Countrywise **1.55** The Pulse **2.00** Live – with Jools Holland **BBC2 SCOTLAND 10.30** Scotland **10.35** Scotland **11.00** Newsnight **11.45** The Celts: Blood, Iron, and Sacrifice with Alice Roberts and Neil Oliver **RTÉ 8.25** Today **9.55** The Doctors **10.50** Dr Phil **11.45** Shortland Street **12.15** Doctors **12.45** Telly Bingo **1.00** News **1.35** Budget **2016 5.40** Nuacht **6.01** News **7.30** EastEnders **8.00** Fair City **8.30** The Taste of Success **9.00** News **9.40** Prime Time **10.40** Ordinary Lives **11.45** Direachtas Report **5.4C 7.00** Cwyl **1.00** Newyddion 54C a'r Tywydd **1.05** Heno **2.00** Prynawn Da **2.55** Newyddion 54C a'r Tywydd **3.00** Gerddi Cymru **3.30** Rhestr Gyda Huw Stephens **4.00** Awr Fawr **5.00** Stwnsh **6.00** Pobol y Cwm **6.25** Newyddion 54C a'r Tywydd **6.30** 3 Lle **7.00** Heno **7.30** Rownd a Rownd **8.00** Pobol y Cwm **8.25** Y Byd ar Bedwar **9.00** Newyddion 9 a'r Tywydd **9.30** Y Gwyl **10.30** Euro 2016: Cymru v Andorra **11.35** Y Dydd yn y Cynulliad

OVER ON DIGITAL

5★ 6.00 Teleshopping 9.00 Neighbours 9.30 Home and Away 10.00 Gilmore Girls 11.00 My Wife and Kids 12.00 Scrubs 1.00 Cowboy Builders 3.00 Neighbours 3.30 Home and Away 4.00 My Wife and Kids 5.00 Scrubs 5.55 Access 6.00 Neighbours 6.30 Home and Away 7.00 Baby Faced Brides 8.00 Body Donors 9.00 **FILM:** Yes Man (2008) Comedy. 11.05 **FILM:** My Best Friend's Girl (2008) Romantic comedy. 1.10 Top 20 Funniest

5USA 6.00 Teleshopping 12.00 Access 12.10 NCIS 2.10 **FILM:** Jesse Stone: Innocents Lost (2011) Detective thriller sequel, starring Tom Selleck. 4.00 NCIS: Secrets Exposed 5.00 Law & Order 6.00 CSI: Miami 6.55 Access 7.00 NCIS 9.00 Law & Order: Special Victims Unit 10.00 Castle. A dying man stumbles into the writer's garden. 11.00 Law & Order: Special Victims Unit 11.55 CSI: NY 12.55 CSI: Miami 1.50 Person of Interest 2.50 Access

ITV2 6.00 Lawson: The Hot Desk 6.10 Psych 6.55 Emmerdale 7.30 The Cube 8.30 Dinner Date 9.30 Psych 10.20 The Real Housewives of Atlanta 12.10 Emmerdale 12.40 The Cube 1.40 Dinner Date 2.40 The Jeremy Kyle Show 6.00 Judge Rinder 7.00 You've Been Framed! 8.00 Two and a Half Men 9.00 Tricked 10.00 Glitchy 10.30 The Job Lot 11.00 Release the Hounds 12.05 Two and a Half Men 1.00 Glitchy 1.25 The Job Lot 1.50 Animal Practice 2.10 Pixie Lott: The Hot Desk 2.20 Teleshopping 5.50 ITV2 Nightscreen

SKY1 6.00 The Dog Whisperer 7.00 Monkey Life 8.00 RSPCA Animal Rescue 9.00 Stargate SG-1 10.00 Hawaii Five-0 12.00 NCIS: Los Angeles 1.00 Hawaii Five-0 3.00 Stargate SG-1 4.00 Futurama 5.00 The Simpsons 5.30 Futurama 6.30 The Simpsons 8.00 The Flash 9.00 Karl Pilkington: The Moaning of Life, New series. 10.00 Stop, Search, Seize 11.00 NCIS: Los Angeles 12.00 Hawaii Five-0 2.00 Night Cops 3.00 Road Wars 4.00 UK Border Force

SKY ATLANTIC 6.00 Star Trek: Enterprise 7.00 Seinfeld 8.00 Richard E Grant's Hotel Secrets 9.00 House 11.00 Without a Trace 12.00 Blue Bloods 1.00 Stargate Atlantis 2.00 Star Trek: Enterprise 3.00 Seinfeld 4.00 Richard E Grant's Hotel Secrets 5.00 House 7.00 Without a Trace 8.00 Blue Bloods 9.00 Aquarius 10.00 Fighting IS: Big Phil's War 11.00 Last Week Tonight with John Oliver 11.35 Thought Crimes: The Case Of The Cannibal Cop 1.15 Nurse Jackie

BBC THREE 7.00 Top Gear. With Slash and Kimi Raikkonen. 8.00 Don't Tell the Bride 9.00 Football Fight Club 10.00 EastEnders. Kathy arranges a meeting with Phil's kidnappers. 10.30 Together. Tom tries to get his relationship with Ellen back on track following a disastrous date. 11.00 Family Guy 11.45 American Dad! 12.10 Family Guy 12.30 Together 1.00 Football Fight Club 2.00 We Want Our Country Back 3.00 Football Fight Club

SKY LIVING 6.00 Motorway Patrol 7.00 Nothing to Declare. Fly-on-the-wall documentary. 8.00 Border Security: Canada's Front Line 9.00 Motorway Patrol 10.00 Animal 999 11.00 CSI: Crime Scene Investigation 12.00 Chicago Fire 1.00 Criminal Minds 3.00 CSI: Crime Scene Investigation 5.00 Best of Nothing to Declare 5.30 Cooks to Market 5.45 My Kitchen Rules: Australia 8.00 CSI: Miami 9.00 Chicago Fire 10.00 Bones 11.00 Criminal Minds 12.00 CSI: Crime Scene Investigation 1.00 The Blacklist 1.50 Bones

MTV 6.00 Cribs 6.20 Plain Jane 7.10 Laguna Beach: The Real Orange County 8.00 The Hills 9.00 Catfish: The TV Show 3.00 Getting to Know Amber 4.00 Teen Mom: Original Girls 7.00 Your Top 20 OMG! EMA Moments 8.00 Teen Mom 2 9.00 Awkward. Jenna confronts her ex-boyfriends with surprising results. 9.30 Faking It 10.00 Ex on the Beach 11.00 Are You the One? 12.00 Geordie Shore 2.00 Ridiculousness 3.00 Teleshopping

FILM4 11.00 The Long Memory (1952) Thriller 12.50 Decision at Sundown (1957) Western. 2.25 Doctor in Clover (1966) Comedy. 4.30 Drums Along the Mohawk (1939) John Ford's historical drama. 6.35 We Bought a Zoo (2011) Fact-based comedy drama, with Matt Damon. 9.00 The Grey (2011) Wilderness adventure, with Liam Neeson. 11.15 Beverly Hills Cop II (1987) Comedy thriller sequel, with Eddie Murphy. 1.20 Brick Lane (2007) Drama.

CBS ACTION 6.00 Teleshopping 9.00 Flashpoint 10.00 MacGyver 11.00 Star Trek: Deep Space Nine 12.00 Star Trek 1.00 CSI: Crime Scene Investigation 2.00 Flashpoint 3.00 NCIS 4.00 The Streets of San Francisco 5.00 JAG 6.00 Star Trek 7.00 NCIS 8.00 Star Trek: Deep Space Nine 9.00 CSI: Crime Scene Investigation 10.00 NCIS 11.00 Walker, Texas Ranger 12.00 CSI: Crime Scene Investigation 1.00 NCIS 1.55 Walker, Texas Ranger 2.50 Flashpoint

CBS REALITY 6.00 Teleshopping 9.00 Medical Detectives 10.00 Hoarders 11.00 Unsolved Mysteries 12.00 Medical Detectives 1.00 Judge Judy 3.00 Hoarders 4.00 Unsolved Mysteries 5.00 Judge Judy 7.00 Cops 8.00 48 Hours: Mystery 9.00 Snapped: Killer Couples 10.00 Undercover: Sex Slaves 11.00 Medical Detectives. 12.00 I Survived 1.00 Snapped: Killer Couples 2.00 Undercover: Sex Slaves 3.00 World's Wildest Police Videos 3.50 Cops



Lewis

9pm, ITV

Now in its ninth year as its own show, *Lewis* has almost made us forget that *Morse* ever existed. And Kevin Whately is on fine form as the second episode of this new series continues. In start of last week's two-parter, the team had a tough challenge on their hands—to try to identify the remains of a body discovered hidden in a well. But Lewis was also up against new boss CS Moody who was unsure why Lewis came out of retirement. Meanwhile, we got to know more about Hathaway's background when we met his sister and dad, who is suffering from

dementia. At the same time, there was another murder in the making. Young artist Talika Desai was excited by an exhibition of her work, which involved taxidermy. However, she didn't have time to enjoy it because she was found dead the next day. Initially it looked like a drugs overdose, but Hathaway and Lewis aren't fooled easily and they know she's actually been murdered. So in tonight's episode, the resulting investigation whisks the cops into a world they aren't over familiar with—social media, drugs, taxidermy, art and homeless east European folk. ★★★★★

PLAY MORE WIN MORE

Draws on Tuesday, Wednesday, Thursday, Friday and Saturday.



You Win. Good Causes Win. Everybody Wins

In-store • Mobile • Online

16+ **gamble responsibly** Players must be 16 or over. The Health Lottery™ logo is a registered trademark of The Health Lottery Ltd. The Health Lottery scheme manages 51 society lotteries that operate in rotation and each represents a different geographical region of Great Britain. For more details on which society lottery is running each week please visit www.healthlottery.co.uk or ask your Health Lottery retailer.

half price
new season
collection



dfs

WEDNESDAY 14 OCT

BBC1

6.00 Breakfast **9.15** Rip Off Britain (R) **10.00** Homes Under the Hammer (R) **11.00** The Sheriffs Are Coming (R) **11.45** Caught Red Handed. Looking at filmed evidence. **12.15** Bargain Hunt. A visit to the East of England Showground. (R) **1.00** BBC News, Weather **1.45** Doctors. Ayesha's career is at stake. **2.15** The Edge. Gameshow, hosted by Mark Benton. **3.00** Escape to the Country. Searching for a "forever" home in South Wales. **3.45** Home Away from Home. People from West Sussex and South Gloucestershire swap homes. **4.30** Antiques Road Trip. An auction in Cirencester, Gloucestershire. (R) **5.15-6.00** Pointless. Quiz show, hosted by Alexander Armstrong. (R)

6.00 BBC News, Weather

6.30 Local News, Weather

7.00 The One Show

Matt Baker and Alex Jones host the live magazine show, with a team of roving reporters presenting stories of interest from around the UK, plus big-name studio guests.

8.00 DIY SOS: Homes for Veterans New series. Nick Knowles and the team take on the task of transforming a street of empty properties in the Manchester area into homes for veterans.

9.00 The Apprentice New series. Lord Alan Sugar begins another search for a business partner, offering a new group of candidates the chance to win an investment to get their idea off the ground.

10.00 BBC News, Weather

10.25 Local News, Weather

10.35 A Question of Sport Sue Barker asks the questions in the light-hearted quiz.

11.05 Sir Alex Ferguson: Secrets of Success Nick Robinson interviews Sir Alex Ferguson, who shares his perspectives on motivation and leadership. (R)

12.10-6.00 BBC News. Coverage of the main news and sport headlines as they break around the world.

BBC2

6.00 Homes Under the Hammer (R) **7.00** Caught Red Handed (R) **7.30** The Edge (R) **8.15** Sign Zone: Pound Shop Wars (R) **8.45** Sign Zone: Terry and Mason's Great Food Trip (R) **9.15** Victoria Derbyshire **11.00** BBC News **11.30** Daily Politics **1.00** Lifeline (R) **1.10** Bergerac (R) **2.00** Cash in the Attic. A mother and daughter hoping to raise £500 for a luxury spa day. (R) **2.30** A Taste of Britain. Janet Street-Porter and Brian Turner visit north Essex. (R) **3.00** The Box. The contestants create a dish from a box put together by Prue Leith. (R) **3.30** The Great British Bake Off. The contestants' dessert-making skills are tested. (R) **4.30** Jaguars Born Free: Natural World Special. A family who raised three orphaned jaguar cubs. (R) **5.15** Flog It! (R)

6.00 Eggheads Winners of famous gameshows work together as a team. (R)

6.30 Strictly Come Dancing – It Takes Two A look at how the couples' training is going.

7.00 Grand Tours of the Scottish Islands Presenter Paul Murton continues his island-hopping odyssey, first setting off from Mallaig to explore a group of islands famous for their unusual names – Rum, Muck and Eigg.

8.00 Harvest 2015 Gregg Wallace, Philippa Forrester and James Manning celebrate British farming as they visit farms across the country in the 2015 harvest. The second edition reports from the north.

9.00 The Face of Britain by Simon Schama The historian investigates what portraits of the famous can reveal about Britain's national character, exploring the formation of the National Portrait Gallery.

10.00 The Apprentice: You're Fired New series. Jack Dee talks to the first failed candidate.

10.30 Newsnight An in-depth look at the day's main news headlines.

11.15 Welcome to the Mosque Robb Leech provides an insight into what life is like behind a mosque's walls, including the response to the news of the three London schoolgirls who left Britain to go to Syria. (R)

12.15 Reginald D Hunter's Songs of the South (R) **1.15** Sign Zone: The Hairy Bikers' Northern Exposure (R) **2.15** Sign Zone: Alex Polizzi: Chefs on Trial (R) **3.15-6.00** This Is BBC Two

ITV

6.00 Good Morning Britain. With Lord Alan Sugar. **8.30** Lorraine. Entertainment and fashion news. **9.25** The Jeremy Kyle Show. Guests air their differences. **10.30** This Morning. Phillip Schofield and Holly Willoughby present celebrity chat and lifestyle features, including a look at the stories making the newspaper headlines and a recipe in the kitchen. Including Local Weather. **12.30** Loose Women. With presenter and comedian Paul O'Grady. **1.30** ITV News, Weather **1.55** Local News **2.00** Judge Rinder. Real-life cases in a studio courtroom. **3.00** Who's Doing the Dishes? Designer Linda Barker plays host. **3.59** ITV Local Weather **4.00** Tipping Point. Gameshow, hosted by Ben Shephard. **5.00-6.00** The Chase. Quiz show, hosted by Bradley Walsh.

6.00 Local News, Weather

6.30 ITV News, Weather

7.00 Emmerdale The police decide to stage a reconstruction of the shooting.

7.30 Coronation Street Fizz and Tyrone receive news about Hope's condition.

8.00 All Star Mr & Mrs Phillip Schofield invites Emmerdale star Kelvin Fletcher, former Hollyoaks actress Gemma Merna and Mr Motivator to reveal how much they really know about their partners.

9.00 Alexander Armstrong in the Land of the Midnight Sun New series. The presenter takes on an 800-mile journey halfway around the Arctic Circle deep in mid-winter, a spectacular but rather deadly time of year.

10.00 ITV News at Ten

10.30 Local News, Weather **10.40** Eric Bristow: Sports Life Stories A profile of the former darts player who won the World Championship five times in the 1980 and later became a reality TV star. (R)

11.40 Wild Ireland Christine Bleakley follows the pilgrims' trail to holy mountain Croagh Patrick. (R)

12.10 Jackpot247. Live interactive gaming for viewers at home. **3.00** Ejector Seat (R) **3.50** ITV Nightscreen. Text-based information service. **5.05-6.00** The Jeremy Kyle Show (R)

Channel 4

6.00 Countdown (R) **6.45** 3rd Rock from the Sun (R) **7.10** 3rd Rock from the Sun (R) **7.35** Everybody Loves Raymond (R) **8.00** Everybody Loves Raymond (R) **8.30** Everybody Loves Raymond (R) **9.00** Frasier (R) **9.30** Frasier (R) **10.00** Undercover Boss USA (R) **11.00** Posh Pawnbrokers (R) **12.00** Channel 4 News Summary **12.05** Come Dine with Me: Rugby World Cup Special. Four former rugby union players compete for their chosen charities. (R) **1.10** Deal or No Deal **2.10** Countdown **3.00** Fifteen to One **4.00** A Place in the Sun: Summer Sun. Good friends looking for a holiday apartment near Barcelona. **5.00** Four in a Bed. The third day of the competition takes place at Bath Lodge Castle in Scotland. **5.30-6.00** Come Dine with Me

6.00 The Simpsons Ned Flanders embarks on a romance with Mrs Krabappel. (R)

6.30 Hollyoaks Holly meets Robbie after school while Trevor and Grace kiss.

7.00 Channel 4 News

7.55 The Political Slot

8.00 Restoring Britain's Landmarks New series. Exploring restorations and the history behind remarkable buildings in a series offering exclusive access behind the scenes at the Landmark Trust.

9.00 Grand Designs Kevin McCloud follows the progress of Ed Versluys and Vicky Anderson, who want to convert a concrete cowshed in the Somerset countryside into a three bedroom home.

10.00 Million Pound Properties Lily goes house hunting with a million-pound trust fund, the owner of an ex-council flat in Chelsea dreams of a seven-figure sale and a B&B cannot find a buyer.

11.00 24 Hours in A&E A 51-year-old man is airlifted in after falling 20ft from a ladder, and with debris in his wound, doctors fear that he could soon develop a life-threatening infection. (R)

12.05 4Music: Blink: Music on 4 **12.30** Embarrassing Bodies: The 36-Stone Woman (R) **1.30** FILM: Superman of Malegaon (2008) Premiere. **2.45** FILM: The Violent Men (1955) Western, starring Edward G. Robinson. **4.20** Deal or No Deal (R) **5.10-6.00** Fifteen to One (R)

Channel 5

6.00 Milkshake! **9.15** The Wright Stuff **11.10** Cowboy Builders. Helping homeowners let down by unreliable workmen. **12.10** 5 News Lunchtime **12.15** Cats Make You Laugh Out Loud 2. A compilation of the internet's most popular cat videos. (R) **1.15** Home and Away **1.45** Neighbours **2.15** NCIS: Los Angeles. The team investigates the kidnapping of two marines. (R) **3.15** FILM: Client Seduction (2014) A lawyer agrees to represent a homeless man accused of murder, only to realise he is guilty and trying to seduce her daughter. Thriller, with Ally Sheedy and Rhys Ward. Edited for violence and tone. **5.00** 5 News at 5 **5.30-6.00** Neighbours. Amy falls for Liam's charms during a family dinner. (R)

6.00 Home and Away Josh takes out his frustration at being expelled on Andy. (R)

6.30 5 News Tonight An in-depth look at the day's main news headlines.

7.00 World's Toughest Prison The workings of some of the most secure prisons in the world, including a bomb-proof jail in Maryland, as well as Alcatraz in San Francisco Bay and the Tower of London.

8.00 GPs: Behind Closed Doors New series. The observational documentary returns, this time giving an insight into the work of doctors at Balham Park Surgery in London, who have over 18,000 patients on their books.

9.00 Can't Pay? We'll Take It Away Two agents get caught up in a dispute between a landlord and a tenant, while collection from a Turkish restaurant gets complicated. **Followed by The Health Lottery draw.**

10.00 Britain's Flashiest Families Featuring a multimillionaire who has dubbed himself Britain's Flashiest Playboy, and a woman who spends thousands of pounds on Rolex watches for her children.

11.00 Law & Order: Special Victims Unit A baby goes missing, allegedly taken unwittingly by thieves. Mariska Hargitay stars. (R)

11.55 Law & Order: Special Victims Unit A music student is raped at gunpoint in her apartment. (R)

12.45 SuperCasino **3.10** Pets Make You Laugh Out Loud 2 (R) **4.00** Wildlife SOS (R) **4.25** Great Scientists (R) **4.50** House Doctor (R) **5.35-6.00** House Doctor (R)

REGIONAL VARIATIONS:

STV **8.00** STV Children's Appeal: Lorraine Kelly and Friends **10.30** Scotland Tonight **11.05** Eric Bristow: Sports Life Stories **UTV** **10.30** News **11.10** Eric Bristow: Sports Life Stories **11.10** Graham Norton **BBC1 N IRELAND** **10.35** Nolan Live **11.35** A Question of Sport **BBC1 WALES** **10.35** The Wales Report with Huw Edwards **11.05** A Question of Sport **11.35** Sir Alex Ferguson: Secrets of Success **BBC2 N IRELAND** **11.15** Spotlight **11.45** QI **BBC2 SCOTLAND** **9.00** The Story of Scottish Art **10.30** Scotland 2015 **11.00** Newsnight **11.45** Welcome to the Mosque **RTÉ1** **8.20** My Family **8.55** The Doctors **9.50** Dr Phil **10.45** Shortland Street **11.15** Doctors **11.50** Leaders' Questions **1.00** News **1.30** Home and Away **2.00** Neighbours **2.25** EastEnders **3.00** Fair City **3.30** Whose Holiday Is It Anyway? **4.00** News **4.10** Today **5.40** Nuacht **6.01** News **7.00** Nationwide **7.30** Rachel's Coastal Cooking **7.57** Lotto **8.00** Fair City **8.30** Rachel's Coastal Cooking **9.00** News **9.35** FILM: Life of Pi (2012) **11.45** Oireachtas Report **5.40** Cyw **1.00** Newyddion **5.40** a'r Tywydd **1.05** Heno **1.30** Dechrau Canu Dechrau Canol **2.00** Prynhawn Da **2.55** Newyddion **5.40** a'r Tywydd **3.00** Codi Canu: Cwpan Rygbi'r Byd **4.00** Awr Fawr **5.00** Stwnsh **6.00** Pobol y Cwm **6.25** Newyddion **5.40** a'r Tywydd **6.30** Euro 2016: Cymru v Andorra **7.30** Fferm Ffactor: Brwydr y Ffermwyr **8.30** Lan a Lawr **9.00** Newyddion **9.30** Y Sgwrs **10.00** Rygbi: Cwpan y Byd a Mwy **11.00** Rygbi Pawb **12.05** Y Dydd yn y Cynulliad

TOBER

ONES TO WATCH...

OVER ON DIGITAL

5★ **9.00** Neighbours **9.30** Home and Away **10.00** Gilmore Girls **11.00** My Wife and Kids **12.00** Scrubs **1.00** Cowboy Builders **3.00** Neighbours **3.30** Home and Away **4.00** My Wife and Kids **5.00** Scrubs **5.55** Access **6.00** Neighbours **6.30** Home and Away **7.00** Benefits, Babies and Jail **8.00** Benefit Brits by the Sea **9.00** **FILM:** In Time (2011) Sci-fi thriller. **11.10** **FILM:** Resident Evil: Afterlife (2010) Action horror sequel. **1.10** Big Tips Texas

SUSA **6.00** Teleshopping **12.00** Access. Latest showbiz news and gossip. **12.10** NCIS **2.10** **FILM:** Jesse Stone: Benefit of the Doubt (2012) Detective thriller, starring Tom Selleck. **4.00** NCIS: Secrets Exposed **5.00** Law & Order **6.00** CSI: Miami **6.55** Access **7.00** NCIS **9.00** Castle. The author is framed for murder. **10.00** Law & Order: Special Victims Unit **11.55** CSI: NY **12.55** CSI: Crime Scene Investigation **1.55** Played **2.50** Access **3.00** Teleshopping

ITV2 **6.00** You've Been Framed! **6.20** Psych **7.05** Emmerdale **7.35** The Cube **8.35** Dinner Date **9.35** Psych **10.25** The Real Housewives of Atlanta **12.10** Emmerdale **12.40** The Cube **1.40** Dinner Date **2.40** Jeremy Kyle **6.00** Judge Rinder **7.00** You've Been Framed! **8.00** Two and a Half Men **9.00** Through the Keyhole **10.00** Release the Hounds **11.00** Tricked **12.05** Two and a Half Men **12.55** Release the Hounds **1.45** Totally Bonkers Guinness World Records

SKY1 **6.00** The Dog Whisperer **7.00** Monkey Life **8.00** RSPCA Animal Rescue **9.00** Stargate SG-1 **10.00** Hawaii Five-0 **12.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** Stargate SG-1 **4.00** Futurama **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.00** Arrow. New series. See *Ones To Watch*. **9.00** You, Me and the Apocalypse **10.00** The Force: Manchester. Documentary following the work of Greater Manchester Police. **11.00** NCIS: Los Angeles **12.00** Hawaii Five-0 **2.00** Night Cops **3.00** Road Wars **4.00** UK Border Force

SKY ATLANTIC **6.00** Star Trek: Enterprise **7.00** Seinfeld **8.00** Richard E Grant's Hotel Secrets **9.00** House **11.00** Without a Trace **12.00** Blue Bloods **1.00** Stargate Atlantis **2.00** Star Trek: Enterprise **3.00** Seinfeld **4.00** Richard E Grant's Hotel Secrets **5.00** House **7.00** Without a Trace. A woman disappears. **8.00** Blue Bloods **9.00** Alan Partridge's Mid Morning Matters **10.00** Nurse Jackie **11.10** The Leftovers **12.20** Olive Kitteridge **2.40** Curb Your Enthusiasm

BBC THREE **7.00** Top Gear. With guest Damian Lewis. **8.00** Bangkok Airport **9.00** Don't Tell the Bride **10.00** Russell Howard's Good News. The comedian's perspective on the news. **10.30** Asian Provocateur. Ramesh Ranganathan is put through his paces by a martial arts expert. **11.00** Family Guy. Animated comedy. **12.30** Asian Provocateur **1.00** Together **1.30** Don't Tell the Bride **2.30** Russell Howard's Good News **3.00** Don't Tell the Bride

SKY LIVING **6.00** Motorway Patrol **7.00** Nothing to Declare. Fly-on-the-wall documentary. **8.00** Border Security: Canada's Front Line **9.00** Motorway Patrol **10.00** Animal 999 **11.00** CSI: Crime Scene Investigation **12.00** Chicago Fire **1.00** Criminal Minds **3.00** CSI: Crime Scene Investigation **5.00** Bones **6.00** Best of Nothing to Declare **7.00** My Kitchen Rules: Australia **8.00** CSI: Miami **9.00** CSI: Crime Scene Investigation **10.00** Criminal Minds **12.00** CSI: Crime Scene Investigation **1.00** The Blacklist **1.50** Bones

MTV **Including at 8.00** The Hills **9.00** Catfish: The TV Show **10.00** Teen Mom 2: Season 6 Catch Up **11.00** Teen Mom 2 **3.00** Getting to Know Maci **4.00** Teen Mom: Original Girls **5.00** Teen Mom Original Girls: A Closer Look **5.30** Teen Mom: Original Girls **6.30** Teen Mom Original Girls: A Closer Look **7.00** Ex on the Beach **8.00** Teen Mom 2 **9.00** Snooki & JWoww **10.00** Awkward **10.30** Faking It **11.00** Teen Mom 2 **12.00** Geordie Shore **2.00** Ridiculousness

FILM4 **11.00** Father Goose (1964) Comedy drama. **1.20** Shane (1953) Western. **3.45** Down to the Sea in Ships (1949) Seafaring adventure, starring Lionel Barrymore. **6.20** Pride and Prejudice (2005) Period drama, starring Keira Knightley. **9.00** Faster (2010) Premiere. Action adventure, with Dwayne Johnson. **10.55** The Woman in Black (2012) Supernatural horror, starring Daniel Radcliffe. **12.45** Wuthering Heights (2011) Period drama.

CBS ACTION **6.00** Teleshopping **9.00** Flashpoint **10.00** MacGyver **11.00** Star Trek: Deep Space Nine **12.00** Star Trek **1.00** CSI: Crime Scene Investigation **2.00** Flashpoint **3.00** NCIS **4.00** The Streets of San Francisco **5.00** JAG **6.00** Star Trek **7.00** NCIS **8.00** Star Trek: Deep Space Nine **9.00** CSI: Crime Scene Investigation **11.00** Walker, Texas Ranger **12.00** CSI: Crime Scene Investigation **1.55** Walker, Texas Ranger **2.50** Flashpoint **4.20** Hawaii Five-0

CBS REALITY **6.00** Teleshopping **9.00** Medical Detectives **10.00** Hoarders **11.00** Unsolved Mysteries **12.00** Medical Detectives **1.00** Judge Judy **3.00** Hoarders **4.00** Unsolved Mysteries **5.00** Judge Judy **7.00** Cops **7.30** Cops: Reloaded **8.00** 48 Hours: Mystery **9.00** Snapped: Killer Couples **10.00** Undercover: Sex Slaves **11.00** Medical Detectives **12.00** I Survived **1.00** Snapped: Killer Couples **2.00** Undercover: Sex Slaves **3.00** World's Wildest Police Videos



NEW SERIES

Arrow

8pm, Sky1

Fans of superhero shows are going to be in their element this week with the return of two favourites. Last night, *The Flash* began its second series. Grant Gustin zoomed back on to our screens as the fastest man alive and having last seen The Flash launch himself into a wormhole in an attempt to save Central City in season one's finale, the new series picks up months later. Still unable to forgive himself for Eddie's heroic death, Barry didn't want to put more of his friends in danger and decided to protect the city alone. However, when meta-human Atom

Smasher attacked, Iris had to talk him into accepting help. Tonight it's the return of *Arrow*. And there's a new group of villains rearing their ugly heads in Star City as season four shoots back on to screens. Having last seen Oliver (also known as Arrow) ride off into the sunset with girlfriend Felicity, the happy couple's getaway is cut short when the city is attacked by ghosts. They are potentially lethal assassins led by evil villain Damien Darhk. Plus, Thea and Laurel are desperate for Oliver to come back and help them defend the area. ★★★★★

PLAY MORE WIN MORE

Draws on Tuesday, Wednesday, Thursday, Friday and Saturday.



You Win. Good Causes Win. Everybody Wins

In-store • Mobile • Online

16+ **amble** Players must be 16 or over. The Health Lottery™ logo is a registered trademark of The Health Lottery Ltd. The Health Lottery scheme manages 51 society lotteries that operate in rotation and each represents a different geographical region of Great Britain. For more details on which society lottery is running each week please visit www.healthlottery.co.uk or ask your Health Lottery retailer.

half price
new season
collection



dfs

THURSDAY 15 OCTOBER

BBC1

6.00 Breakfast **9.15** Rip Off Britain (R) **10.00** Homes Under the Hammer **11.00** The Sheriffs Are Coming (R) **11.45** Caught Red Handed. A man who confronted a burglar outside his neighbour's home. **12.15** Bargain Hunt. From the Derby Roundhouse. (R) **1.00** BBC News, Weather **1.45** Doctors. Rob meets an old friend with a deadly decision to make. **2.15** The Edge. Gameshow, hosted by Mark Benton. **3.00** Escape to the Country. Nicki Chapman helps a buyer move to Cornwall. (R) **3.45** Home Away from Home. Couples from Bedfordshire and the South Pennines swap homes. **4.30** Antiques Road Trip. Anita Manning and James Lewis travel through Devon. (R) **5.15-6.00** Pointless. Quiz show. (R)

6.00 BBC News, Weather

6.30 Local News, Weather

7.00 The One Show
Matt Baker and Alex Jones present the magazine show.

7.30 EastEnders
News of Donna and Fat Boy's night of romance spreads.

8.00 Watchdog
The team tackles the companies behind nuisance calls and a pet insurance firm that is thinking up excuses not to pay out. Plus, tips on saving money when buying online.

9.00 The Apprentice
One entrepreneur has already bit the dust but it's back to business for the others as Lord Alan Sugar sets them a task, with Karren Brady and Claude Littner keeping an eye on them.

10.00 BBC News, Weather

10.25 Local News, Weather

10.35 Question Time
David Dimbleby chairs the debate from Dover, with a panel of politicians and celebrity guests facing topical questions from the audience.

11.35 This Week
Andrew Neil and guests discuss parliamentary developments from the past seven days.

12.25-6.00 BBC News. Latest national and international headlines, including weather forecast and sport results.

BBC2

6.00 Homes Under the Hammer (R) **7.00** Caught Red Handed (R) **7.30** The Edge (R) **8.15** Sign Zone: Eat Well for Less? (R) **9.15** Victoria Derbyshire **11.00** BBC News **11.30** BBC World News **12.00** Daily Politics **1.00** Coast. The Wash in Norfolk. (R) **1.10** Bergerac (R) **2.00** Cash in the Attic (R) **2.30** A Taste of Britain. From the Jurassic Coast of west Dorset. (R) **3.00** The Box. With actress Fay Ripley. (R) **3.30** The Great British Bake Off (R) **4.30** Natural World – Prairie Dogs: Talk of the Town. A study of communication between prairie dogs. (R) **5.15-6.00** Flog It! Kate Bliss and Will Axon visit Nantwich Civic Hall in Cheshire, with items including a quirky money box, a celebrity-signed cricket bat and a distinguished flying medal. (R)

6.00 Eggheads
Quiz in which the winners of gameshows work as a team. (R)

6.30 Strictly Come Dancing – It Takes Two
Zoe Ball is joined by guests and celebrity fans.

7.00 Grand Tours of the Scottish Islands
Paul Merton discovers how the islands in the Firth of Forth have a dramatic history of warfare, from medieval English raids to the first air-raid attack on Britain. Last in the series.

8.00 Harvest 2015
The team reports from the West, including visits to a cider apple farm as they begin harvesting, the largest mushroom farm in Europe and a soil-free farm in Somerset. Last in the series.

9.00 Cradle to Grave
Spud works as an office mailman – only to come into conflict.

9.30 Cradle to Grave
Romance is in the air as Sharon's wedding brings up old memories.

10.00 The Apprentice: You're Fired
Jack Dee talks to the second candidate ejected.

10.30 Newsnight
Analysis of the day's events.

11.15 The Naked Choir with Gareth Malone
The remaining a capella groups receive training in choreography and stage-craft as they battle it out for a place in the contest's semi-final. (R)

12.15 Sign Zone: Panorama. In-depth current affairs report. (R) **12.45** Sign Zone: Horizon: Are Video Games Really That Bad? (R) **1.45** Sign Zone: Doctor Who (R) **2.45-6.00** This Is BBC Two

ITV

6.00 Good Morning Britain. Including an interview with Kevin Bacon. **8.30** Kyle Show **10.30** This Morning. Phillip Schofield and Holly Willoughby present celebrity chat and lifestyle features, including a look at the stories making the newspaper headlines and a recipe in the kitchen. Including Local Weather. **12.30** Loose Women. Singer Michael Bolton talks about his upcoming tour. **1.30** ITV News, Weather **1.55** Local News **2.30** Judge Rinder. Real-life cases in a studio courtroom. **3.00** Who's Doing the Dishes? Lauren Goodger is today's secret cook. **3.59** ITV Local Weather **4.00** Tipping Point. Gameshow, hosted by Ben Shephard. **5.00-6.00** The Chase

6.00 Local News, Weather

6.30 ITV News, Weather

7.00 Emmerdale
Adam discovers evidence that his suspicions are true.

7.30 Our Kids – What's the Cost?
Tonight Jonathan Maitland looks at the cost of raising children.

8.00 Emmerdale
Kerry advises Bernice to look elsewhere for the perfect man.

8.30 Pippa O'Grady: For the Love of Dogs
A Yorkshire terrier gives birth – only for disaster to strike.

PICK 9.00 Unforgotten
Having identified the body in the cellar as Jimmy Sullivan, Cassie and Sunny start their investigation for the killer with the names in the victim's diary. See *Ones To Watch*.

10.00 ITV News at Ten, Weather

10.30 Local News, Weather
10.40 The Late Debate
A discussion of news and events at Westminster with local MPs.

11.10 River Monsters
Jeremy Wade sets out to find a predatory creature. (R)

11.40 Birds of a Feather
Dorien decides to push Sharon toward a surprising career. (R)

12.10 Jackpot247. Viewers are offered the chance to participate in live interactive gaming. **3.00** Our Kids – What's the Cost? Tonight **3.25** ITV Nightscreen **5.05-6.00** The Jeremy Kyle Show. Guests air their differences. (R)

Channel 4

6.00 Countdown (R) **6.45** 3rd Rock from the Sun (R) **7.10** 3rd Rock from the Sun (R) **7.35** Everybody Loves Raymond (R) **8.00** Everybody Loves Raymond (R) **8.30** Everybody Loves Raymond (R) **9.00** Frasier (R) **9.30** Frasier (R) **10.00** Undercover Boss USA (R) **11.00** Posh Pawnbrokers (R) **12.00** Channel 4 News Summary **12.05** Come Dine with Me. Four amateur chefs host dinner parties in Telford. (R) **1.10** Deal or No Deal **2.10** Countdown. Martin Lewis guests. **3.00** Fifteen to One. General knowledge quiz. **4.00** A Place in the Sun: Summer Sun **5.00** Four in a Bed. Breakfast turns argumentative in Gosport, Hampshire. **5.30-6.00** Come Dine with Me. Prison transport officer Tina hopes to impress with a sophisticated French menu.

6.00 The Simpsons
A gay antiques dealer begins to socialise with the family. (R)

6.30 Hollyoaks
Nancy confronts John Paul about the hotel booking.

7.00 Channel 4 News
Including sport and weather.

8.00 George Clarke's Amazing Spaces
George meets a couple who want to transform two air-raid shelters in their garden and a 12-year-old building a party shed. Will Hardie visits a million-pound beach house.

9.00 Hunted
With just seven days to go, the hunters ramp up their efforts to find the fugitives, some of whom are getting careless as they head to the extraction point. Last in the series.

10.00 First Dates
Twin sisters visit the restaurant, but while Francesca appears to be smitten by former boarding school pupil Hugo, Claudia has been hurt too many times, and her guard is up with Marcus.

11.05 Gogglebox: SU2C Special
Insightful, funny and sometimes emotional critiques of popular and topical television shows, featuring the appearance of some surprise celebrity guests in support of the Stand Up to Cancer initiative. (R)

12.10 Educating Cardiff (R) **1.10** Embarrassing Fat Bodies (R) **2.05** Sex Diaries: Trans Lovers (R) **3.00** Location, Location, Location (R) **3.55** Deal or No Deal (R) **4.45** Fifteen to One (R) **5.35-6.00** 1001 Things You Should Know (R)

Channel 5

6.00 Milkshake! **9.15** The Wright Stuff **11.10** Cowboy Builders. Helping homeowners let down by unreliable workmen. **12.10** 5 News Lunchtime **12.15** Now That's Funny! Pleasure seekers get more than they bargained for at an amusement park. (R) **1.15** Home and Away **1.45** Neighbours **2.15** NCIS. Tony disappears during an undercover operation. (R) **3.15** FILM: A Bone to Pick: An Aurora Teagarden Mystery (2015) Premiere. When Aurora Teagarden finds a skull hidden in her new home she sets out to discover who the victim was. Mystery, with Candace Cameron Bure. **5.00** 5 News at 5. Latest headlines. **5.30** Neighbours. The Willis children refuse to visit Brad at the Turner house. (R)

6.00 Home and Away
Nate comes clean about treating Kyle at home and is reported. (R)

6.30 5 News Tonight
Coverage of the latest national and international stories.

7.00 Secrets of Underground Britain
Rob Bell explores a cave system that altered Victorian Britain's view of human history and visits a mine that stretches out several miles under the Atlantic. Last in the series. (R)

8.00 Aircrash: Disaster Over New York
Documentary exploring events of November 12 2001, when American Airlines 587 crashed into Belle Harbour, New York, shortly after taking off from JFK Airport.

9.00 Chris Tarrant: Extreme Railway Journeys
Chris continues along the world's toughest railways, setting out to reach the northernmost station on Earth. Followed by *The Health Lottery draw*.

FILM 10.00 Tombstone (1993)
Renowned marshal Wyatt Earp becomes a professional gambler in the town of Tombstone, but is forced out of his retirement to take on a gang of hellraising villains no one else is prepared to stand up to. Joining forces with his brothers and drunken gunslinger Doc Holliday, he gets ready to face them in a showdown at the OK Corral. Western, starring Kurt Russell, Val Kilmer, Bill Paxton, Sam Elliott and Michael Biehn.

12.30 SuperCasino. Live gaming. **3.10** 41 Dogs in a 3-Bed Semi (R) **4.00** Wildlife SOS (R) **4.25** Great Scientists (R) **4.50** House Doctor (R) **5.10** House Doctor (R)

REGIONAL VARIATIONS:

STV 8.30 STV Children's Appeal: Sean Batty and Friends **10.30** Scotland Tonight **11.05** Paul O'Grady: For the Love of Dogs **11.35** Murder, She Wrote **UTV 8.30** The Troubles I've Seen **10.30** News **11.10** Paul O'Grady: For the Love of Dogs **11.40** Irish Tarmac Rally Championship **UTV IRELAND 1.30** Ejector Seat **2.25** The Pulse **2.30** Dickinson's Real Deal **3.30** Judge Rinder **4.30** Who's Doing the Dishes? **5.30** News **6.00** The Chase **7.30** River Monsters **9.00** Midwinter of the Spirit **10.00** News **11.00** Irish Tarmac Rally Championship **BBC1 N IRELAND 10.35** The View **11.15** Question Time **12.15** This Week **1.00** BBC News **BBC2 SCOTLAND 7.00** Coast **7.30** The Beechgrove Garden **10.30** Scotland 2015 **11.00** Newsnight **11.45** The Naked Choir with Gareth Malone **12.45** Sign Zone: Panorama **1.15** This Is BBC Two **RTÉ1 7.25** Today **8.55** The Doctors **9.50** Dr Phil **10.45** Shortland Street **11.15** Doctors **11.50** Leaders' Questions **12.45** Telly Bingo **1.00** News **1.30** Home and Away **2.00** Neighbours **2.25** The Zoo **3.00** Fair City **3.30** Whose Holiday Is It Anyway? **4.00** News **4.10** Today **5.40** Nuacht **6.00** The Angelus **6.01** News **7.00** Inside Shannon **7.30** EastEnders **8.00** Fair City **8.30** A Week to My Wedding **9.00** News **9.35** Prime Time **10.15** Brent Pope: Inside Out **11.15** The Works Presents **11.45** Bhi mé ann **S4C 7.00** Cwyl **1.05** O'r Gallon: Llais i Heti **1.30** Cefn Gwyd **2.00** Prynhawn Da **3.00** Rygbi: Cwpan y Byd a Mwyl **4.00** Awr Fawr **5.00** Stwnsh **6.00** Rygbi Pabw **6.25** Newyddion S4C a'r Tywydd **6.30** Rygbi Pabw **7.00** Heno **7.30** Rownd a Rownd **8.00** Pobol y Cwm **8.25** Rhestr Gyda Huw Stephens **9.00** Newyddion 9 a'r Tywydd **9.30** Ar y Dibyn **10.30** Ochr 1 **11.00** Y Lle **12.05** Y Dydd yn y Cynulliad

OBER

ONES TO WATCH...

OVER ON DIGITAL

5★ **9.00** Neighbours **9.30** Home and Away **10.00** Gilmore Girls **11.00** My Wife and Kids **12.00** Scrubs **1.00** Cowboy Builders **3.00** Neighbours **3.30** Home and Away **4.00** My Wife and Kids **5.00** Scrubs **5.55** Access **6.00** Neighbours **6.30** Home and Away **7.00** Top 20 Funniest **8.55** Access **9.00** **FILM:** Hellboy II: The Golden Army (2008) Action Fantasy sequel. **11.20** **FILM:** The League of Extraordinary Gentlemen (2003) Comic-book fantasy adventure.

5USA **6.00** Teleshopping **12.00** Access **12.10** NCIS **2.05** **FILM:** Stolen from the Womb (2014) Drama, starring Larisa Oleynik. **4.00** NCIS: Secrets Exposed **5.00** Law & Order **6.00** CSI: Miami **6.55** Access **7.00** NCIS **9.00** Law & Order. The murder of a journalist provides new evidence for an old case. **10.00** Law & Order: Special Victims Unit. Benson is accused of putting an innocent man in prison. **11.00** Law & Order **11.55** CSI: NY **12.55** Access **1.00** SuperCasino

ITV2 **Including at 7.35** Coronation Street **8.05** You've Been Framed! **8.35** Dinner Date **9.35** Psych **10.25** The Real Housewives of Atlanta **12.10** Emmerdale **12.40** Coronation Street **1.15** You've Been Framed! **1.40** Dinner Date **2.40** Jeremy Kyle **6.00** Judge Rinder **7.00** You've Been Framed! **8.00** Two and a Half Men **9.00** The Almost Impossible Gameshow **10.00** Celebrity Juice **10.50** Glitchy **11.20** The Job Lot **11.50** Two and a Half Men **12.45** Viral Tap

SKY1 **6.00** The Dog Whisperer **7.00** Monkey Life **8.00** RSPCA Animal Rescue **9.00** Stargate SG-1 **10.00** Hawaii Five-0 **12.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **3.00** Stargate SG-1 **4.00** Futurama **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.00** One Hundred and Eighty! With professionals Adrian Lewis and Simon Whitlock. **9.00** A League of Their Own: Unseen - Part One **10.00** Football's Funniest Moments **11.00** NCIS: Los Angeles **12.00** Hawaii Five-0 **2.00** NCIS: Los Angeles **3.00** Road Wars

SKY ATLANTIC **6.00** Star Trek: Enterprise **7.00** Seinfeld **8.00** Richard E Grant's Hotel Secrets **9.00** House **11.00** Without a Trace **12.00** Blue Bloods **1.00** Stargate Atlantis **2.00** Star Trek: Enterprise **3.00** Seinfeld **4.00** Richard E Grant's Hotel Secrets **5.00** House **7.00** Without a Trace **8.00** Blue Bloods **9.00** Olive Kitteridge **11.20** Last Week Tonight with John Oliver **11.55** **FILM:** The Act of Killing (2012) Documentary. **2.15** Curb Your Enthusiasm

BBC THREE **7.00** Top Gear **8.00** Don't Tell the Bride. A groom-to-be plans a dance flash mob wedding in a shopping centre. **9.00** Football Fight Club. Britain's most prominent football hooligan gangs. **10.00** EastEnders. **10.30** Russell Howard's Good News Extra. The host presents a stand-up compilation. **11.15** Family Guy. Animated comedy. **12.45** Football Fight Club **1.45** Don't Tell the Bride **2.45** Together **3.15** Sunny D **3.30** Asian Provocateur

SKY LIVING **6.00** Motorway Patrol **7.00** Nothing to Declare **8.00** Border Security: Canada's Front Line **9.00** Motorway Patrol **10.00** Animal 999 **11.00** CSI: Crime Scene Investigation **12.00** Chicago Fire **1.00** Criminal Minds **3.00** CSI: Crime Scene Investigation **5.00** Bones **6.00** Best of Nothing to Declare **7.00** My Kitchen Rules: Australia **8.00** CSI: Crime Scene Investigation **10.00** Unforgettable. Last in the series. **11.00** Criminal Minds **12.00** Bones **1.00** The Blacklist **1.50** Bones **4.20** Border Security: Canada's Front Line

MTV **6.00** Cribs **6.20** Plain Jane **7.10** Laguna Beach: The Real Orange County **8.00** The Hills **9.00** Catfish: The TV Show **10.00** Ex on the Beach **3.00** Getting to Know Catelynn **4.00** Teen Mom: Original Girls **7.00** Fired by Mum & Dad **8.00** Teen Mom 2 **9.00** Ex on the Beach. Reality series. **10.00** Are You the One? **11.01** Catfish: The TV Show **12.00** Geordie Shore **2.00** Ridiculousness **3.00** Teleshopping. Home shopping.

FILM4 **11.00** They Might Be Giants (1971) Romantic comedy mystery. **12.45** Santa Fe (1951) Western. **2.30** Stagecoach (1966) Western remake. **4.55** Dancing at Lughnasa (1998) Period drama. **6.50** Evolution (2001) Sci-fi comedy, starring David Duchovny. **9.00** The Host (2013) Sci-fi adventure, starring Saoirse Ronan. **11.25** Solomon Kane (2010) Period fantasy thriller. **1.30** Dreams of a Life (2011) Drama-documentary.

CBS ACTION **6.00** Teleshopping **9.00** Flashpoint **10.00** MacGyver **11.00** Star Trek: Deep Space Nine **12.00** Star Trek **1.00** CSI: Crime Scene Investigation **3.00** NCIS **4.00** The Streets of San Francisco **5.00** JAG **6.00** Star Trek **7.00** NCIS **8.00** Star Trek: Deep Space Nine **9.00** CSI: Crime Scene Investigation **10.00** NCIS **11.00** Walker, Texas Ranger **12.00** CSI: Crime Scene Investigation **1.00** NCIS **1.55** Walker, Texas Ranger **2.50** Flashpoint **4.20** Hawaii Five-0

CBS REALITY **6.00** Teleshopping **9.00** Medical Detectives **10.00** Hoarders **11.00** Unsolved Mysteries **12.00** Medical Detectives **1.00** Judge Judy **3.00** Hoarders **4.00** Unsolved Mysteries **5.00** Judge Judy **7.00** Cops: Reloaded **8.00** 48 Hours: Mystery **9.00** Snapped: Killer Couples **10.00** Undercover: Sex Slaves. Investigations into a subject that is now a vast global crime. **11.00** Medical Detectives **12.00** I Survived **1.00** Snapped: Killer Couples



Unforgotten

9pm, ITV

So what did you think of last week's opening episode of this new detective drama? Some have described it as the new *Broadchurch* and while the jury is still out as to whether it will catch on like that ratings-winner did, it's certainly worth sticking with. In this second instalment, the body in the cellar has been identified as Jimmy Sullivan. Cassie and Sunny want to know who is responsible and start their investigation by examining the names found in his diary. So, Cassie heads to Liverpool to meet Jimmy's mum Maureen, who is relieved to know his body has been discovered

39 years after he died. The name Frankie C is identified as Sir Philip Cross who these days has been appointed entrepreneurial czar by the government and reckons he has never even met Jimmy. Another suspect is Lizzie Wilton who is now a married woman but denies any knowledge of the murder victim. And other names in the frame for his death include Father Rob, who was working at Jimmy's local church and Eric Slate, a wheelchair-bound ex-bookkeeper. Could it be one of them, or are they just red herrings? You'll have to watch to find out. ★★★★★

PLAY MORE WIN MORE

Draws on Tuesday, Wednesday, Thursday, Friday and Saturday.



You Win. Good Causes Win. Everybody Wins

In-store • Mobile • Online

16+ **amble** Players must be 16 or over. The Health Lottery™ logo is a registered trademark of The Health Lottery Ltd. The Health Lottery scheme manages 51 society lotteries that operate in rotation and each represents a different geographical region of Great Britain. For more details on which society lottery is running each week please visit www.healthlottery.co.uk or ask your Health Lottery retailer.

half price
new season
collection



dfs

FRIDAY 16 OCTOBER

BBC1

6.00 Breakfast **9.15** Rip Off Britain (R) **10.00** Homes Under the Hammer (R) **11.00** The Sheriffs Are Coming (R) **11.45** Caught Red Handed **12.15** Bargain Hunt. From Ballinderry Antiques in Lisburn, Northern Ireland. **1.00** BBC News, Weather **1.45** Doctors. Niamh helps an unconventional couple who cannot see eye to eye. **2.15** The Edge. Gameshow, hosted by Mark Benton. **3.00** Escape to the Country. Alistair Appleton helps a couple in north-east Wales. (R) **3.45** Home Away from Home. People swap homes around the UK. **4.30** Antiques Road Trip. Anita Manning and James Lewis visit Dorchester. (R) **5.15-6.00** Pointless. Quiz show, hosted by Alexander Armstrong. (R)

6.00 BBC News, Weather

6.30 Local News, Weather

7.00 The One Show

Matt Baker and Alex Jones host stories of interest to the UK.

7.30 A Question of Sport

Sue Barker asks the questions in the light-hearted quiz. (R)

8.00 EastEnders

Stacey confronts Shabnam over taking Jade to the park.

8.30 Still Open All Hours

Eric is having marital problems and asks Leroy for help. (R)

9.00 Have I Got News for You

Comedienne Sue Perkins acts as the guest host.

PICK 9.30 The Kennedys

Comedy, starring Katherine Parkinson. *See Ones To Watch.*

10.00 BBC News, Weather

10.25 Local News, Weather

10.35 The Graham Norton Show

Rod Stewart performs from his new album, plus Colin Farrell and Rachel Weisz promote their new movie.

11.20 Asian Provocateur

Romesh Ranganathan meets his Uncle Rubaharan.

FILM 11.50 The Disappearance of Alice Creed

(2009) Two criminals kidnap the daughter of a wealthy family and demand a ransom. Thriller, with Gemma Arterton.

1.30-6.00 BBC News. Latest headlines.

BBC2

6.00 Homes Under the Hammer (R) **7.00** Caught Red Handed (R) **7.30** The Edge (R) **8.15** Sign Zone: Gardeners' World (R) **8.45** Sign Zone: Great British Menu (R) **9.15** Victoria Derbyshire **11.00** BBC News **11.30** BBC World News **12.00** Daily Politics **1.00** Coast (R) **1.10** Bergerac (R) **2.00** Cash in the Attic. Raising £600 for a business plan. (R) **2.30** A Taste of Britain. Janet Street-Porter and Brian Turner explore North Yorkshire. **3.00** The Box. Cookery challenge, hosted by James Martin. (R) **3.30** The Great British Bake Off. The contestants prepare biscuits and traybakes. (R) **4.30** Galapagos – Islands of Change. Natural World. The impact of increased migration and tourism on the archipelago's wildlife. (R) **5.15-6.00** Flog It! From Dover. (R)

6.00 Strictly Come Dancing – It Takes Two

Zoe Ball presents analysis of the couples' progress as they prepare for tomorrow night's show. Including reports from the studio rehearsals and interviews with celebrity fans.

7.00 The Great British Bake Off

– **Masterclass** Paul Hollywood demonstrates how to make soda bread and baguettes. Mary Berry makes cappuccino creme brulees and creates classic meringue cake the Spanische windtorte.

8.00 Mastermind

Specialist subjects include singer Kathleen Ferrier and Everton FC.

8.30 Gardeners' World

Actor Griff Rhys Jones offers Joe Swift a tour of his garden.

9.00 Great Continental Railway Journeys

Armed with his trusty 1913 Bradshaw's Continental Railway Guide, Michael Portillo travels from Sofia to Istanbul along the most exotic section of the Orient Express.

10.00 QI

With Alan Davies, Lucy Porter, Ross Noble and Matt Lucas.

10.30 Newsnight, Weather

Analysis of the day's events.

11.00 Artsnight

Will Gompertz investigates the art market and meets collectors.

11.35 Later – with Jools Holland

The host meets Burt Bacharach, and there are performances by John Newman, Sleaford Mods, Everything Everything, Lizz Wright and Lynchd.

12.35 **FILM:** The Tempest (2010) **2.20** Sign Zone: Question Time (R) **3.20** Sign Zone: Special Forces – Ultimate Hell Week (R) **4.20-5.15** This Is BBC Two

ITV

6.00 Good Morning Britain. With guest Christopher Biggins. **8.30** Lorraine. Entertainment and fashion news. **9.25** The Jeremy Kyle Show. Guests air their differences. **10.30** This Morning. Celebrity chat and lifestyle features, including a look at the stories making the newspaper headlines and a recipe in the kitchen. **12.30** Loose Women. With guest Jonathan Ross. **1.30** ITV News, Weather **1.55** Local News **2.00** Judge Rinder. Real-life cases in a studio courtroom. **3.00** Who's Doing the Dishes? With Hollyoaks actor Kieron Richardson. Last in the series. **3.59** ITV Local Weather **4.00** Tipping Point. Gameshow, hosted by Ben Shephard. (R) **5.00-6.00** The Chase. Quiz show, hosted by Bradley Walsh.

6.00 Local News, Weather

6.30 ITV News, Weather

7.00 Emmerdale

Eric does what he does best during a birthday party.

7.30 Coronation Street

The police quiz David, Kylie and Sarah about Callum.

8.00 Cheap Food – What's the Cost? Tonight

A look at the effect of supermarket wars.

8.30 Coronation Street

Sarah is tempted to confess to Billy about Callum's demise.

9.00 Piers Morgan's Life Stories

Actor Warwick Davis, who stands at 3ft 6, reflects on his career, offering an entertaining and revealing account of some of the routine realities of life as a little person.

10.00 ITV News, Weather

10.30 Local News, Weather

FILM 10.40 Quantum of Solace (2008) James Bond sets out on a mission of vengeance as he pursues the secret criminal organisation Quantum. His search leads him to the head of an ecological corporation, who is plotting to orchestrate a coup in a Latin American country to get his hands on a precious natural resource. Spy thriller sequel, starring Daniel Craig.

12.35 Jackpot247. Viewers are offered the chance to participate in live interactive gaming. **3.00** Britain's Best Bakery (R) **3.50-6.00** ITV Nightscreen

Channel 4

6.00 Countdown (R) **6.45** 3rd Rock from the Sun (R) **7.10** 3rd Rock from the Sun (R) **7.35** Everybody Loves Raymond (R) **8.00** Everybody Loves Raymond (R) **8.30** Everybody Loves Raymond (R) **9.00** Frasier (R) **9.30** Frasier (R) **10.00** Undercover Boss USA (R) **11.00** Posh Pawnbrokers (R) **12.00** Channel 4 News Summary **12.05** Come Dine with Me. Four Olympians compete for their chosen charities. (R) **1.10** Deal or No Deal. Beat-the-banker gameshow. **2.10** Countdown. Martin Lewis guests. **3.00** Fifteen to One. General knowledge quiz. **4.00** A Place in the Sun: Summer Sun. A couple seek a property on the Spanish Costa Blanca. (R) **5.00** Four in a Bed. The participants share a bitter debate. **5.30-6.00** Come Dine with Me

6.00 The Simpsons

Homer begins brewing his own beer as a new business venture.

6.30 Hollyoaks

Ben finds Sienna and Nico and takes them to the police station.

7.00 Channel 4 News

Includes headlines and weather.

7.30 Unreported World

Documentary giving the lowdown on hard-hitting issues.

8.00 TFI Friday

New series. Chris Evans follows up his earlier one-off edition, with the first of this new edition of the lively entertainment show mixing music and chat with stunts and skits.

9.00 Gogglebox

Capturing the households' instant reactions to what they are watching on TV from the comfort of their own sofas. Narrated by Caroline Aherne.

10.00 Alan Carr: Chatty Man

Rob Delaney and Sharon Horgan talk about their hit sitcom Catastrophe. Plus, musician Adam Lambert discusses his latest single and Roisin Murphy performs Evil Eyes.

11.05 First Dates

Twin sisters visit the restaurant, but while Francesca appears to be smitten by former boarding school pupil Hugo, Claudia's guard is up over rapper Marcus. (R)

12.05 Rude Tube (R) **1.00** **FILM:** The Runaways (2010) Biopic of the 1970s rock band, starring Kristen Stewart and Dakota Fanning. **2.50** Supernatural **3.40** You Deserve This House (R) **4.35** Deal or No Deal. Noel Edmonds hosts. (R) **5.25-6.10** Fifteen to One (R)

Channel 5

6.00 Milkshake! **9.15** The Wright Stuff **11.10** Cowboy Builders. Helping homeowners let down by unreliable workmen. (R) **12.10** 5 News Lunchtime **12.15** Chris Tarrant: Extreme Railway Journeys. Chris embarks on a 2,000-mile railway trip from Moscow to Arctic Siberia. (R) **1.15** Home and Away **1.45** Neighbours **2.15** NCIS. A private investigator discovers the body of a missing Navy officer. (R) **3.15** **FILM:** Obsession (2011) A woman starts a new life in a different city, but her controlling ex-boyfriend refuses to accept their relationship is over. Thriller, starring Charisma Carpenter. Edited for violence and sex. **5.00** 5 News at 5 **5.30** Neighbours. Imogen finds Piper at Lauren's house. (R)

6.00 Home and Away

Ash offers to donate one of his kidneys to Kyle. (R)

6.30 5 News Tonight

A round-up of the evening's headlines, with Matt Barbet.

7.00 Police Interceptors

PC Barry Peach hunts for a man wanted for assault, officers are on the trail of a suspected drug dealer and dog-handler Jon Peacock has an encounter with two unusual law-breakers. (R)

8.00 Murder at the Vatican? Conspiracy

9.00 NCIS: New Orleans

After a Navy recruiter is targeted in a fatal hit-and-run incident, the NCIS team considers whether the murder was tied to her career. **Followed by The Health Lottery draw.**

10.00 NCIS

DiNozzo confronts a man impersonating a Navy officer, which results in guns being drawn, and the only eyewitness to the case is the Special Agent's father.

11.00 NCIS: Los Angeles

The team investigates the murder of a marine whose body has been discovered in a Beverly Hills car park – minus a hand.

11.50 Access

12.00 SuperCasino. Viewers get the chance to take part in live interactive gaming. **3.10** Now That's Funny! Internet-sourced videos. (R) **4.00** Autopsy: The Last Hours of Joan Rivers (R) **4.45** House Doctor (R) **5.10** House Doctor (R) **5.35-6.00** House Doctor (R)

REGIONAL VARIATIONS:

11.00 Abducted **12.00** Jeremy Kyle USA **BBC1 SCOTLAND 6.55** Party Political Broadcast **7.30** Landward **BBC2 N IRELAND 10.00** The Commute **BBC2 SCOTLAND 1.00** Wild Walks **1.05** Bergerac **1.55** Cash in the Attic **2.25** A Taste of Britain **2.55** The Box **3.25** The Great British Bake Off **4.25** Galapagos – Islands of Change: Natural World **5.10** Flog It! **5.55** Party Political Broadcast **7.00** Grand Tours of the Scottish Islands **9.00** Seven Songs for a Long Life **10.20** Coast **11.30** QI **12.05** Later – with Jools Holland **RTÉ1 8.25** Today **9.55** The Doctors **10.50** Dr Phil **11.45** Shortland Street **12.15** Doctors **12.45** Telly Bingo **1.00** News **1.30** Home and Away **2.00** Neighbours **2.25** EastEnders **3.00** Fair City **3.30** Whose Holiday Is It Anyway? **4.00** News **4.10** Today **5.40** Nuacht **6.01** News **7.00** Nationwide **7.30** Abhainn **8.00** EastEnders **8.30** The Shelbourne **9.00** News **9.35** The Late Late Show **11.45** News **11.55** **FILM:** The Hunt for Red October (1990) **S4C 7.00** Cyw **1.05** Heno **1.30** Ffermio **2.00** Prynhawn Da **2.55** Newyddion S4C a'r Tywydd **3.00** Ar y Diben **4.00** Awr Fawr **5.00** Stwnsh **6.00** Pobol y Cwm **6.25** Newyddion S4C a'r Tywydd **6.30** Gerddi Cymru **7.00** Heno **8.00** Pobol y Cwm **8.25** Bwccs **9.00** Newyddion 9 a'r Tywydd **9.30** Jonathan: Cwpan Rygbi'r Byd 2015 **10.30** Fferm Ffactor: Brwydr y Ffermwyr **11.30** Dim Byd

ONES TO WATCH...



The Kennedys / Mount Pleasant

9.30pm, BBC1 / 9pm, Sky1

We are back in 1970s Britain for the third episode of *The Kennedys*, and Scandinavian gay couple Lotte and Marie have moved in to Jessop Square. The first two people who want to pounce on them to be pals are Brenda and Jenny. But they're too late, because the Palmers have already beaten them to the punch, much to their annoyance. But when Lotte and Marie invite Brenda and Jenny to a cultural exchange evening, the Brits accidentally announce that they're lesbians too and that Tim and Tony are their gay pals. Elsewhere, Tony tells Tim he is going to have to master the skills

of being a dad before their baby arrives. Fast forward to 2015 and over in *Mount Pleasant*, things aren't pleasant at all as Lisa and Jenna's feud reaches a head when an argument lands them behind bars. Meanwhile, Trevor takes Pauline out for the night and Roger's jealousy reaches new heights when he begins to believe that Fergus and personal trainer Amita are dating. Elsewhere, Ella and Finn start to take their relationship to the next level and there are unforeseen consequences for Denise when she quits her agency, taking a new recruit with her. ★★☆☆☆

OVER ON DIGITAL

5★ 6.00 Teleshopping 9.00 Neighbours 9.30 Home and Away 10.00 Gilmore Girls 11.00 My Wife and Kids 12.00 Scrubs 1.00 Cowboy Builders 3.00 Neighbours 3.30 Home and Away 4.00 My Wife and Kids 5.00 Scrubs 5.55 Access 6.00 Neighbours 6.30 Home and Away 7.00 The Yorkshire Vet 8.00 Now That's Funny! 9.00 **FILM:** Red Dawn (2012) Action adventure remake. 11.00 **FILM:** Resident Evil: Retribution (2012) Sci-fi thriller sequel.

SUSA 6.00 Teleshopping 12.00 Access. Latest showbiz news and gossip. 12.10 NCIS 2.05 **FILM:** Jodi Picoult's Salem Falls (2011) Crime drama, starring James Van Der Beek. 4.00 NCIS: Secrets Exposed 5.00 Law & Order 6.00 CSI: Miami 6.55 Access 7.00 NCIS 9.00 **FILM:** Cry for Justice (2015) Premiere. Drama, starring Anika Noni Rose. 11.05 Law & Order: Special Victims Unit 12.00 CSI: NY 1.00 SuperCasino 3.00 Teleshopping. Home shopping.

ITV2 6.00 You've Been Framed! 6.20 Psych 7.05 Emmerdale 8.05 You've Been Framed! 8.35 Dinner Date 9.35 Psych 10.25 The Real Housewives of Atlanta 12.10 Emmerdale 1.15 You've Been Framed! 1.40 Dinner Date 2.40 The Jeremy Kyle Show 6.00 Judge Rinder 7.00 You've Been Framed! 8.00 Two and a Half Men 9.00 **FILM:** White Chicks (2004) Comedy. 11.20 Educating Joey Essex: Reem Halloween 12.25 Two and a Half Men

SKY1 6.00 The Dog Whisperer 7.00 Monkey Life 8.00 RSPCA Animal Rescue 9.00 Stargate SG-1 10.00 Hawaii Five-0 12.00 NCIS: Los Angeles 1.00 Hawaii Five-0 3.00 Stargate SG-1 4.00 Futurama 5.00 The Simpsons. Animated comedy. 5.30 Futurama 6.30 The Simpsons. Cartoon capers. 8.00 Modern Family 9.00 Mount Pleasant. See *Ones To Watch*. 10.00 One Hundred and Eighty! With professionals Adrian Lewis and Simon Whitlock. 11.00 Zoo 12.00 NCIS: Los Angeles 2.00 Hawaii Five-0 4.00 UK Border Force

SKY ATLANTIC 6.00 Star Trek: Enterprise 7.00 Seinfeld 8.00 Richard E Grant's Hotel Secrets 9.00 House 11.00 Without a Trace 12.00 Blue Bloods 1.00 Stargate Atlantis 2.00 Star Trek: Enterprise 3.00 Seinfeld 4.00 Richard E Grant's Hotel Secrets 5.00 House 7.00 Without a Trace 8.00 Blue Bloods 9.00 The Wire 11.35 **FILM:** Tales of the Grim Sleeper (2014) Documentary about a suspected serial killer in Los Angeles. 1.40 Aquarius 2.40 Curb Your Enthusiasm

BBC THREE 7.00 Top Gear 8.00 Don't Tell the Bride. Last in the series. 9.00 Far Right and Proud: Reggie Yates' Extreme Russia 10.00 EastEnders. Donna reels after finding Les in Claudette's living room. 10.30 Russell Howard's Good News Extra. Extended edition of the comedian's topical news show. 11.15 Family Guy 12.45 Together 1.15 Russell Howard's Good News Extra 2.00 Asian Provocateur 2.30 Football Fight Club 3.30 Together

SKY LIVING 6.00 Motorway Patrol 6.30 Customs UK 7.00 Nothing to Declare 8.00 Border Security: Canada's Front Line 9.00 Motorway Patrol 10.00 Animal 999 11.00 CSI: Crime Scene Investigation 12.00 Chicago Fire 1.00 Criminal Minds 3.00 CSI: Crime Scene Investigation 5.00 Bones 6.00 Best of Nothing to Declare 7.00 My Kitchen Rules: Australia 8.00 CSI: Miami 9.00 Criminal Minds 10.00 CSI: Crime Scene Investigation 11.00 Criminal Minds 12.00 Bones 1.40 The Blacklist 2.40 Bones 3.30 CSI: Crime Scene Investigation

MTV 6.00 Cribs 6.20 Plain Jane 7.10 Laguna Beach: The Real Orange County 8.00 The Hills 9.01 Say It in Song 10.00 Catfish: The TV Show 8.00 Snooki & JWoww 9.00 Teen Mom 2. Corey's threats force Leah to return to therapy. Jenelle and Nathan struggle to co-parent after breaking up and Kailyn and Javi must adjust to Jo and Vee living so close. 10.00 Ex on the Beach 11.00 Stand by Your Man 12.00 Virgin Territory 3.00 Teleshopping

FILM4 11.00 Winning (1969) Motor racing drama. 1.30 Sands of Iwo Jima (1949) World War Two adventure, with John Wayne. 3.45 The Andromeda Strain (1971) Sci-fi thriller, with Arthur Hill. 6.20 The Karate Kid (2010) Martial arts drama, with Jaden Smith. 9.00 The Watch (2012) Sci-fi comedy, starring Ben Stiller. 11.05 Apocalypto (2006) Mel Gibson's historical adventure, with Rudy Youngblood. 1.45 Gone Too Far! (2013) Comedy drama.

CBS ACTION 6.00 Teleshopping 9.00 Flashpoint 10.00 MacGyver 11.00 Star Trek: Deep Space Nine 12.00 Star Trek 1.00 CSI: Crime Scene Investigation 2.00 Flashpoint 3.00 NCIS 4.00 The Streets of San Francisco 5.00 JAG 6.00 Star Trek 7.00 NCIS 8.00 Star Trek: Deep Space Nine 9.00 CSI: Crime Scene Investigation 10.00 NCIS 11.00 Walker, Texas Ranger 12.00 CSI: Crime Scene Investigation 1.00 NCIS 1.55 Walker, Texas Ranger 2.55 Flashpoint

CBS REALITY 6.00 Teleshopping 9.00 Medical Detectives 10.00 Hoarders 11.00 Unsolved Mysteries 12.00 Medical Detectives 1.00 Judge Judy 3.00 Hoarders 4.00 Unsolved Mysteries 5.00 Judge Judy 7.00 Cops: Reloaded 8.00 48 Hours: Mystery 9.00 Snapped: Killer Couples 10.00 Cold Blood 11.00 Medical Detectives 12.00 I Survived 1.00 Snapped: Killer Couples 2.00 Cold Blood 3.00 World's Wildest Police Videos 3.50 Cops: Reloaded 4.20 Heir Hunters

PLAY MORE WIN MORE

Draws on Tuesday, Wednesday, Thursday, Friday and Saturday.



You Win. Good Causes Win. Everybody Wins

In-store • Mobile • Online

16+ **gamble responsibly** Players must be 16 or over. The Health Lottery™ logo is a registered trademark of The Health Lottery Ltd. The Health Lottery scheme manages 51 society lotteries that operate in rotation and each represents a different geographical region of Great Britain. For more details on which society lottery is running each week please visit www.healthlottery.co.uk or ask your Health Lottery retailer.

half price
new season
collection



dfs

60 seconds with...

Rhod Gilbert

The 46-year-old stand-up star on comedy, crying and Christian Slater

What's your most treasured possession?

My dog. Is she a possession? I'm a little bit obsessed with her. I think I probably need to have kids...

What was your Plan B?

Comedy was never a plan at all. I was doing market research for eight years, so comedy is my Plan B.

When did you last cry?

A couple of days ago. I cry all the time. It's quite embarrassing!

Have you ever been star-struck?

I constantly feel surprised that I'm in the same room as famous people. I'm always wondering what I'm doing standing next to Eddie Izzard or Tom Jones.

What's on your bucket list?

I haven't done any stand-up for nearly three years, so I'd like to do a tour. I also want another dog and some kids.

Do you have any hidden talents?

If I have any talents I need to use them! I might have some that are so secret I can't tell you...

Where is your favourite place?

Pembrokeshire in west Wales. It's where I've spent half my life.

Who's the most famous celebrity in your phone contacts?

Christian Slater. He was working with a bunch of comedians on a production of *One Flew Over The Cuckoo's Nest* about ten years ago. I wasn't in it but we used to hang out together.

Do you ever Google yourself?

All the time. You can't help it. I don't want to and I'm ashamed of it, but I

do it constantly, like about every 20 minutes.

When were you at your happiest?

I've been happy my whole life.

What annoys you?

The price of train travel. I can only take three more journeys before I run out of money completely! And smoking. I smoked for 20-odd years and I've managed to give up, so it's really nice to be involved in Stoptober to help as many people as I can to give up too.

What's your favourite film?

The Castle. It's an Australian movie and it's very, very funny.

Do you have a life mantra?

Take each day at a time. ■

Gemma McCartney

Rhod is encouraging smokers to give up for Stoptober. Visit stoptober.smokefree.nhs.uk

'I Google myself every 20 minutes'



Fave film

Famous friend

Dream destination

PHOTOS: GETTY IMAGES

Team Star

www.facebook.com/starmagazineuk [@star_magazine](https://twitter.com/star_magazine)

The Northern & Shell Building, Number 10 Lower Thames Street, London EC3R 6EN
Website
www.star-magazine.co.uk
Tel 020 8612 7000
Fax 020 8612 7505
Email starmagazine@express.co.uk

Editor-in-Chief
Lebby Eyres
Deputy Editor
Karen Cross
Editorial Assistant
Gemma McCartney

ART
Creative Director
Steve Dobson

SUBS
Production Editor
Becky Ward
Deputy Chief Sub-Editor
Jamie Downham
Senior Sub-Editor
Polly McCombe

NEWS & FEATURES
News Editor
Joel Cooper
Deputy News Editor
Katie Keegan

Senior Writer
Daisy Jordan
Writer
Robyn Morris

PICTURES
Picture Editor
Adele Hooper
Deputy Picture Editor
Chantal Feduchin-Pate

FASHION & BEAUTY
Acting Fashion Editor
Sarah Loving
Acting Deputy Fashion Editor
Zoë Kozlik

Senior Stylist
Gillian Scholes
Fashion & Beauty Assistant
Jodie Spragg

CONTRIBUTORS
Art
Chris Morris
Mike Newson

Subs
Rosie Henderson
Bridget Rowan
Mark Morris

News & Features
Karen Dunn
Emily Hall
Sean Lynn

Pictures
Natalie Tari
Eva de Romarate

Beauty
Madeline Crisp

Work Experience
Dorothy Musariri

ADVERTISING
020 7098 2808

SYNDICATION
Emma Radford
020 8612 7903

REPRODUCTION
Tag
020 7841 6348

Distributed by Northern & Shell Distribution Ltd, The Northern & Shell Building, Number 10 Lower Thames Street, London EC3R 6EN. Printed by Polestar Bicester Ltd, Company Number 06298783, Chaucer Business Park, Launton Road, Bicester OX26 4QZ.

While we consider unsolicited manuscripts and photographs accompanied by an SAE, the editor cannot accept any responsibility for loss or damage. All rights in portions published rest with the publishers.

© Northern & Shell plc 2015. Permission to

reproduce all photographs and text can be granted only by prior written agreement. All prices and products correct at the time of going to press.

Star published by Northern & Shell plc, The Northern & Shell Building, Number 10 Lower Thames Street, London EC3R 6EN. Switchboard number for the UK: 020 8612 7000. Switchboard outside UK: +44 (0)20 8612 7000. Editorial fax: +44 (0)20 8612 7305. Advertising fax: +44 (0)20 8612 7636.

Produced under licence from Northern & Shell

Titles Ltd, The Northern & Shell Building, Number 10 Lower Thames Street, London EC3R 6EN.

All rights reserved. Reproduction in whole or in part without written permission is strictly prohibited.

Star subscriptions: 01234 227 142 or visit www.star-magazine.co.uk/magazines/types. ABC certified and NRS audited. Basic annual subscription rate - UK £42, EU - £65.

abc JAN-JUN 2015 148,390



DRAW FOR WED 30 SEPT

3

4

6

35

46

24

Or find the Star team on Twitter @LebbyE @JournalistKaren @Joel_Coop @KatieKeegan1 @DaisyJordan @Robyn2311 @gemmamccartney1

PLAY MORE WIN MORE!

LIVE DRAWS ON
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

The £1 Health Lottery is half the price of Lotto with better chances to win our jackpot* and now we have live draws five times a week!

It's easy and it's fun.

Cards available from all good retailers



**You Win. Good Causes Win.
Everybody Wins**



Online. On mobile. In store.

healthlottery.co.uk

or download now from the app store.

Barry M



NEW SATIN

SUPER SLICK LIP PAINTS £4.49

LUSTROUSLY DEWY WITH
VITAMIN E AND SHEA BUTTER
FOR AN INTENSE COLOUR PAY OFF

IN 6 AUTUMN/WINTER SHADES



barrym.com

Available at [Superdrug](#) and

